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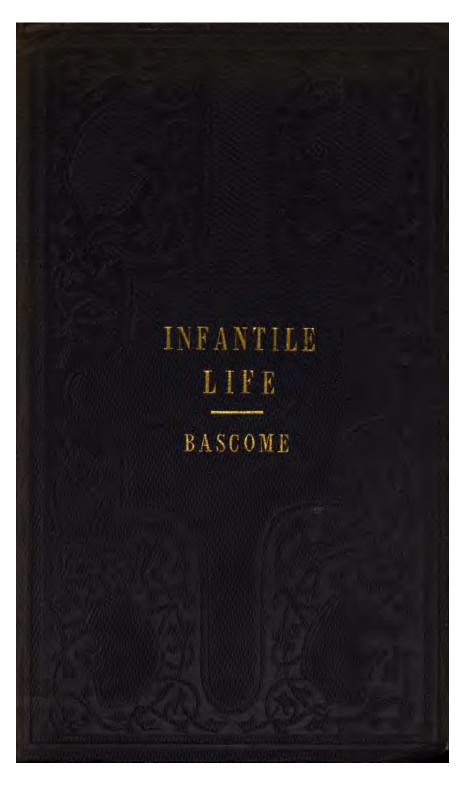
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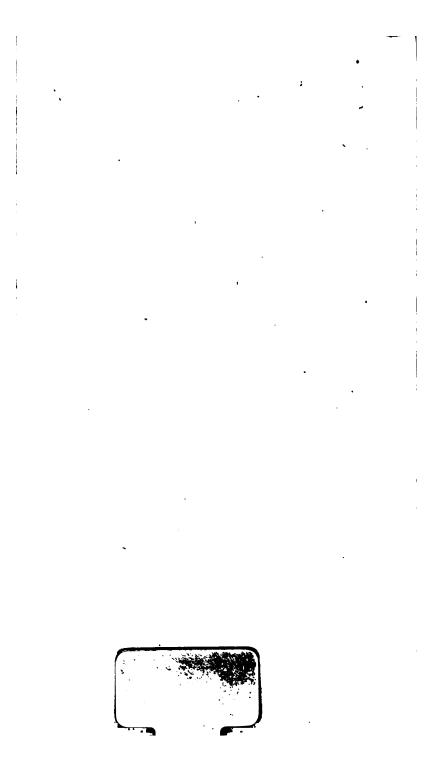
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PROPHYLAXIS;

OR, THE

MODE OF PREVENTING DISEASE.

BY A DUE APPRECIATION OF THE GRAND ELEMENTS OF

LIGHT, AIR, AND WATER,

WITH

Observations on Intermural Burials.

BY EDWARD BASCOME, M.D.

London: Samuel Highly, Fleet-street. 1850

By the same Author,

A

HISTORY OF EPIDEMIC PESTILENCES,

FROM THE EARLIEST AGES, 1495 YEARS BEFORE THE BIRTH OF OUR SAVIOUR, TO 1848,

WITH

Besexrches into their Aature, Causes, & Prophylaxis,

London: John Churchill, Princes-street, Soho. 1851.

By the same Author,

Observations on the Nature, Causes, and Treatment

OF

TWO DEADLY PESTILENCES,

YELLOW FEVER AND CHOLERA MORBUS.

INFANTILE LIFE

IN

CONNEXION WITH THE MOTHER;

THEIR MANAGEMENT CONSIDERED:

INCLUSIVE OF THE MOST APPROPRIATE THERAPELE.

BY

EDWARD BASCOME, M.D.

Formerly in her Majesty's Service;
Late Resident Physician and Principal of Wyke House Asylum;
Mem. Societé de Medicine de Paris; Mem. Phys. Med. Societé, Erlangen;
Mem. Epidemiological Society of London;
Pellow of the London Statistical Society, &c. &c. &c.

"YUVÀ de doga avdoos estv."

(Woman is the glory of man.)

THE APOSTLE PAUL.

Her children arise up and call her blessed."

"Her children arise up and call her blessed."
PROV. XXXI. 18.

LONDON:

JOHN CHURCHILL, NEW BURLINGTON STREET; J. BAYNE, 3, BRIDGE STREET ROW, CHESTER. 1856.

151. C. 16.



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TO THE

(BY PERMISSION)

LADY CONSTANCE GROSVENOR,

AND

THE FAIR MOTHERS OF ENGLAND,

THAN WHOM THERE ARE NORE MORE MERTALLY AND PHYSICALLY ENDOWED IN THE UNIVERSE:

THIS BROCHURE IS DEDICATED.

BY THEIR

MOST OBEDIENT HUMBLE SERVANT,

THE AUTHOR.

CHESTER CASTLE.

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PREFACE.

The intention of this little book or brochûre is not so much to lay down particular rules for the distinction and treatment of Infantile Disease; but rather for its prevention; and consequently, for the conservation of health; for, to use one of the many just and eloquent criticisms of the late erudite Dr. James Johnson, "It is only by opening the eyes of parents and teachers or nurses to the extreme frequency of disease, and by holding up to them the picture of the many miseries of after life entailed on offspring by their mal-direction or mismanagement of Infantile life or constitution—the causes and means of preventing disease, that any hope can be entertained of checking the fearful consequences of such mal-direction or mismanagement."

It is by rational management only, during the first weeks or months of childhood that many maladies may be wholly prevented:—

[&]quot;Æque neglectum pueris senilibusque nocebit."

At all events, disease need not, by irrational management—at the very threshold of life—so soon as the child be born—be stamped on its constitution, by dosing with drugs, and subjecting the poor infant to unnatural or crude food. In short, we would impress on our fair readers this truth—that recourse to drugs, as it is repugnant to the operations of nature, so will its influence be the more destructive to the tender frame and constitution of the Infant. And we would further urge this unerring maxim—"That as the great sources of disease in infancy are neglect and mismanagement, so may we be satisfied that the wisdom of forethought is superior to skill, whereby prevention is better than cure:"—

"Medico diligenti priusquam conetur ægro adhibere medicinam non solum morbus ejus cui mederi volet, sed etiam consuetudo valentis et natura corporis cognoscenda est."

CIC. DE ORAT.

INFANTILE LIFE, &c.

"The health and virtue of a child's future life are considerations so superior to all others, that, whatever is likely to have the smallest influence thereon deserves the parents' first attention."

PALRY.

Woman being formed by the Creator as an "help meet for man," obviously was intended to be the equal participator of all the honours which pertain to human nature: whatever dignity attaches to him as a rational being and the representative on earth of his Maker, equally extends to her, the partner of his life,—his other self:—

"Oh woman!

'Tis thine to curb the passions' maddening sway And wipe the mourner's bitter tear away; 'Tis thine to soothe when hope itself has fled, And cheer with angel-smiles the sufferer's bed; To give to earth its charm, to life its zest, Only one task—to bless and to be blest."

Further, woman's highest dignity and honour notably arises from her contributing to the fulfil-

ment of the Divine purpose of her Creator in her peculiar character of mother! Mother! the name which is associated in every virtuous bosom with all that is amiable and delightful. "Mother," most tender, endearing, and expressive of all human appellations!

By the sovereign ordination of the Almighty, woman gives birth—not to a being of a mere momentary existence, one whose life will perish as that of the beasts of the field; but to an immortal!

"Hail, wedded love! mysterious source Of human offspring."—

Her sucking babe, feeble and helpless as it may appear, possessing within it an intellectual power, is a being to whom pertains a soul,—spirit, an "essential" which all devouring time cannot destroy; which can never cease or die; but which will outlive the splendour of the glorious sun and the burning brilliancy of all the "immateriel" hosts of heaven.

Looking to the history of every age and nation, woman's social condition indubitably affords the truest estimate of the progress of civilization: her acute sensibilities; her fine understanding and nice taste when placed under the vigilant supervision and dominion of a pure and enlightened philosophy, such as is so beautifully arranged and delineated in the Christian system of morals,—fit

her for controlling the destinies of man, and leading him towards intelligence and peace. when we behold her placed as the sole and endearing guardian of his earliest years; when his young heart and mind have to receive not merely their development, but also their very bias and inclination, from the influences to which they are exposed; is it too much to anticipate, from judicious efforts, to fit her better for the sacred duties, nature thus imposes on her.—an amelioration of the human When it must be confessed that the efforts hitherto made in the largest and most influential classes of society have either been altogether meagre or almost entirely neglected or misdirected, is it too much to anticipate from a more correct and comprehensive system of education and training, a far greater advancement of society, than can be hoped for from any other cause or source?

Without forgetting the authoritative guidings of nature, which has stamped a greater delicacy and refinement on her organization, and bearing in mind that by such her very pliancy of constitution, aided by certain laws or observances to which her sex subjects her, she is enabled to submit to a certain extent to the artificial or conventional constraints of society, without much inconvenience; yet we contend that both the physical and mental education of the female, in anticipation of her all-

important—we had nearly said, omnipotent position in society, for which she is obviously intended by nature, should be neither too tender nor too EXCLUSIVE.

We know that the first and deepest impressions are made on the minds of children by the mother: she being the first and most important preceptor of man. She gives the first bend to the twig; it is by her care, her nourishing, and training into health and strength, offspring arrive at maturity; by her neglect, allowing them to dwindle into disease, premature caducity is the melancholy result. repeat that it is under her maternal and fostering care, that the physical form is chiefly reared, the intellectual faculties elicited, as well also by her are all the moral powers fostered and directed; and for the discharge of such threefold office, what knowledge, skill, kindness, and perseverance, are requisite? Yet how lamentable a fact is it, that even in the best informed and regulated family circles, you rarely meet with a mother who, before becoming such, had devoted the least attention to the study of the infantile constitution, or requirements; or to the first principles on which it should be managed; much less to the laws by which its principal functions are regulated! rents, in fact, may be said to enter upon the important charge—that of their offspring entrusted to their care—with less previous preparation for its proper fulfilment, than if it were a bird or a plant, or some such object committed to their management, instead of a living being unto whom they are bound by every tie of nature, by God's—their Maker's laws, to cherish and protect—a being in whose very existence and happiness their entire life should be greatly centred.

We contend, that the entire round of human existence really presents not a greater contrast than that which a few months creates between the condition of the unmarried female and that of the young wife or mother. Yet for such change no preparation is made, no training by instruction thought necessary. Accordingly, nothing can be conceived more helpless than the position of the great majority of females when first they find themselves suddenly encumbered,-yes, literally encumbered, instead of being delighted with the care of an infant, their own offspring. ordinary occurrence, if they be of a sensitive temperament, is a matter to them of doubt and apprehension: they are often kept in a perpetual state of causeless alarm and anxiety, or that which is still more mischievous, unfounded security; and whilst her naturally newly awakened affections yearn for the little sufferer, she from ignorance can neither discover the cause of any uneasiness, nor suggest a remedy. Painful indeed is the condition of a woman of good natural sense and warm affections, when thrown at such a critical time upon the experience?—we should rather say, the ignorance of hired menials, whose presumption she dreads, and whose sum of absurd prejudices she has perhaps already divined.

Of midwives and of nurses ignorant!
Old beldames grey, in error positive,
And stiff in prejudices, whose fatal care
Oft death attends, or a life worse than death."

It is true that the present management of the young, as compared to olden time, has been considerably improved with the growing intelligence of late years, yet it is still radically bad. It is conducted on no rational principles, but chiefly after mere custom and fashion; and although it has been proved again and again by reason of experience, that certain practices are bad, in short abominable, and should consequently be abandoned, yet they are adhered to with all the pertinacity, native inveteracy of prejudice, as opposed to all innovation, in favour of what is old and that which militates against the clearest principles of organized nature: for at birth-immediately after it, the hapless infant is made to suffer from no less than five causes, viz., first, to commence with, exposure to cold; secondly, from tossing mercilessly about upon the nurse's knee; thirdly, from friction by

her rough hands; fourthly, from what is called cleansing of the skin, reckoned a most necessary piece of duty, aggravating from the nature of the cleansing substance, such as spirits of wine, or ale, or butter, or soap and water, or plain water, in fact a variety of other substances; and fifthly, it suffers most severely from excoriations or inflammations, caused by this officious and ridiculous cleansing of the skin, as it is called.

As regards temperature or cold, it seems to be forgotten that previously to birth the infant inhabits a medium within the womb very different from the medium of this world; that the coating or covering so assiduously to be scrubbed off, which the infant obtains in the womb from nature, has by nature been provided for some wise and necessary design or purpose, for it adheres most firmly to the skin, the removal of which causes the poor infant much misery, and which, when left to itself, as it should be, dries in a certain period after birth, and forms a light crust, which gradually scales off in the economy of nature, leaving the skin it covered healthful, and capable to bear every common or necessary freedom. Then comes the disturbance. or as it very frequently is, the torture of dressing, which should be as simple as possible. Avoiding all complicity, it should be as simple as it is generally made complex; so it be fitted to keep the infant warm enough, its purpose will be answered.

should be recollected that the intention or purpose of clothing is a due degree of warmth, and of freedom. and by no means of finery: yet the latter would seem to engross all attention, but which cannot but be seriously wrong. From beginning to end, its clothing or dressing is made a most serious opera-Troublesome to the nurse, and torturing tion. to the infant. It was, however, we must admit, worse in former days, when it was an operation of bandaging; when the head was braced with fillets. and the infant was fastened up as it were in what were called swaddling clothes, - clothes tightly bound round the body, which was nothing more nor less than swarthing, or as it were pillowing or trammelling the infant from head to foot, in the form more of an Egyptian mummy, than a living and feeling being. None can but be aware that freedom of exercise is salutary-necessary to the health, growth, and vigour of the body, on contemplating the benefit derived by youth when allowed to rove about and be free-at large and engaged at random in exercise. Why then cannot it be comprehended, that exercise or freedom of motion is equally necessary to the health, growth, and vigour of the infant? The free motion of its hands and arms, and the stretching and kicking of its legs and feet, being the exercise of nature, that which she has designed for the more early period of life. In a word, freedom of motion in

all infantile organs, in all the infant's members, in its whole body, is as necessary to its welfare as to that of the youth and adult; being essential to his health, his growth, to the seemliness of his figure, form, and shape; as also to the due performance of all his functions, inclusive of his pleasures, ease, and comfort.

On such principles, therefore, let the *new-born* infant be treated, and let it be clothed after the following fashion, which implies dispatch, (greatly needed as regards the comfort and well-being of the infant,) also warmth and freedom and ease in all its motions, the only essential objects of clothing an infant: the very reverse of which, fashion and finery, being inimical to all right reason and state or condition of the infantile body at birth.

Now, as regards the habiliment referred to above. Let the infant's head be covered with a cotton cap; if it be cold or winter, let there be two, the inner one of soft thin flannel, letting both be stitched together, the one being (the flannel one) as a lining, and the outer or cotton one to be loosely tied under the chin, avoiding all tightness. Such stitching facilitates putting on of both at once. First, by means of a piece of soft old cotton cloth, gently absorb any moisture from the *entire* body. Then let the whole body, inclusive of the arms and legs, be loosely covered with the finest cotton cloth, by way of a shirt, made perfectly loose and easy, and to

be tied before. So that all turning or tossing the infant may be avoided. And ultimately, let the infant be wrapped in a fine soft flannel wrapper, and laid to rest in the mother's bosom; or if it be so unfortunate that the mother cannot take care of it, let it be placed in the bosom of a healthy and cleanly nurse.

It cannot but be perceived that such mode of dressing implies simplicity, not engaging or making necessary any roller or belly band, nor the horridly dangerous use of pins, or even of too many strings; as it also implies every freedom of motion to the infant in its legs and arms; in every muscle of its body; in the elevation or rising and falling of its breast when breathing; removing also all the pressure from the belly, to disturb or impede the functions of its stomach and bowels. Further, such simple attiring prevents many painful and disagreeable sensations; it leaves freedom of action in all its organs, inclusive of a due circulation of all its fluids, thereby promoting its healthy growth and vigour, while it prevents distortion of its bones; in fact, disfiguration and unseemliness of every kind.

The hapless babe having been cleansed! and dressed, processes most trying, by which he is exhausted, fatigued, and worn out; in fine, almost ended *intirely*, as we would expressively say in Ireland: even before the process of respiration is fully established, the performance of respiration

being indispensible, of which we shall have occasion to speak presently, as being a most vital function, the most lethal of management, the drugging and cramming with crude unnatural food, the more specially to be referred to presently, commences—not yet satisfied with their efforts to thwart all-provident nature.

As regards woman's paramount obligation or duty: there being between parent and child a natural relationship of blood and constitution, which during health are adapted to each other with a harmony and completedness which cannot exist between the infant and any other female, the mother obviously being peculiarly called upon by every tie of duty and affection to become the nurse of her own offspring; and nothing, except ill health and positive imbecility, can excuse her seeking to devolve so endearing a duty on another.

The diet of the new-born infant indubitably is fixed by nature, who has provided a rich fount of nutrient fluid, so indispensable to the health of the babe, that every attempt or effort hitherto made to find a substitute, or in any way to replace the maternal provision, has been an entire failure. It is only through total ignorance of the delicate organization of the digestive apparatus, or system of the infant, as well as entire misconception or ignorance on the subject of diet generally, that an idea of finding a substitute for the highly elaborated

food of the mother's bosom, when this is procurable, could be entertained. Facts are not wanting to show.—to demonstrate the fatality of such practice: for the fearful mortality amongst infants abandoned by their parents in Continental countries, although every provision be made for their preservation, is no doubt mainly to be attributed to this cause—" desertion by the mother;"—the privation for want of her nourishment. Again, from large experience it is found, that of the infants who are deprived of their natural nourishment—the mother's milk—not more than one in seven reaches the more advanced periods of life. In fact, it is notorious that every other kind of food, save the bland nutriment concocted by the maternal system, and elaborated by means of the bosom, induces all the usual distressing phenomena, such as indigestion, flatulency eructations, vomiting, griping, furred tongue, purging, with fever, thirst, emaciation, pallidity, and dryness or harshness of the skin, together with an uncomfortable flabby feel, altogether distinct from the full, plump, resistant impression experienced when handling or grasping the limbs of a healthy child.

Further, as regards our inexhaustible subject, viz., alimentation of the infant, and of which too much cannot be said. That the mother's milk is the properest food, must be apparent to every one who will be at the trouble to think or reflect on the

obvious carefulness and providence of nature; in fact, who possesses the remotest share of feeling for offspring—so natural. We re-assert that the mother's milk is the only true food for the infant, and of which there can be but little doubt or question: for why is the mother's milk so opportunely ready or in spreparation at birth, at the very time it is wanted or required? Nature, throughout all her economy, and all her works, does not present a more clear, a more obvious, or manifest and indisputable fact. It is as clear as the sun at noonday. It is an institution of nature, fundamental; therefore, fixed, stable, and immutable. With such fact before our eyes, does it not appear astonishing that any other food or aliment than the mother's milk should ever have been thought of, much less resorted Be assured, therefore, that no other than the mother's milk is fitted for the infant, which no art can replace or supply; not even another's milk, for the mother gives existence to her offspring; it is a part as it were of herself. By means of her fluids has it been nourished while yet in the womb; and by the mother's fluids shall the infant be nourished for a certain period after birth; after which time, her nourishing fluids are by all-provident nature directed to another channel. Instead of their flowing towards the womb, as previously to birth, being there required for the furtherance of the yet unborn offspring, they are now directed to the breasts,

where they appear in the form of milk; from whence, if the infant be properly cared for, or handled, but not interfered with, it will instinctively seek for, and draw its nourishment. We would earnestly entreat all mothers to ponder well on the regularity and connection of nature, of the wisdom of which, when they become acquainted and understand, they cannot but be satisfied with; yet, alas! we fear, that from the limited—the very imperfect nature of woman's education, or training, they scarcely obtain any knowledge concerning their offspring, especially as regards the structure and development, or in other language, the physiology of the human frame-which teaches the operations and adaptations of the beautiful mechanism of our bodies. They are almost totally ignorant of the process by which the newly born infant is to be managed or reared up in health and knowledge, as also of the principles upon which the mental powers are to be fostered and drawn out, or checked when necessary: precocity often requiring to be restrained, as tending to premature mental caducityas idiotcy, &c. The just cultivation of mediocre development, being fruitful of the reverse; as we know to have been the case of Newton, Molière. Shakspeare, Scott, Niebuhr, Franklin, and many others, who, in infancy and childhood, exhibited but limited or mediocre capacity or talent.

In continuation, as regards maternal education

or training, however, it would seem almost, by the senseless neglect and ill-directed education of mothers, that all the important and really necessary knowledge for their peculiar and responsible province, they are expected to get as it were by It never appearing to occur to those intuition. who should know better or otherwise, that it is in the early years of childhood, that constitutions are made or lost; for daily experience teaches us that many a fond mother, from sheer ignorance, having fed her infant wrongly, clothed it wrongly, in fine, having brought it up altogether wrongly, has at times as completely murdered it as ever one human being killed another. However strongly we may be thought to express ourselves, we can assure our readers of the melancholy truth of our assertion.

It is too common, we are pained to say, especially in fashionable life, to consign the tender infant, without any valid reason, to the breast of a stranger or hireling. But we would observe, that so unnatural, so heartless a proceeding gives rise to injury no less to themselves than the child; for many cases, in after life, of cancer of the breast and of the uterus or womb, with other glandular diseases, may be traced clearly to such their unnatural habits of her foregoing her duty as nurse, whilst the unfortunate and helpless infant very frequently is made to imbibe all or a greater portion of the physical as well as moral disabilities, such as a

propensity in after life for intoxicating drinks, if its hireling nurse was so addicted; as also their temper and general disposition; in fact, their very constitutional peculiarities. Therefore, mothers, if you have the welfare of your offspring at heart, we would have you beware. Take warning in time.

Now, further, as regards the well-being of the newly born child. It should be known that the first sensations of infants are necessarily those of mere pleasure and of pain: when of the former, they suffer or enjoy them in silence; when of the latter, they express them in their own language. demanding relief. This language of infants, though not consisting of articulate sounds, is perfectly intelligible to an attentive or well-informed nurse or mother, as also to the experienced physician. From the birth of an infant until it becomes acquainted with those who have the care of it, it seldom cries but from painful sensations, uneasiness, of some kind, and often from hunger. To trace, therefore, the cause of its distress, should be an object of the strictest enquiry with the mother or attendant, as they will be found to arise from some positive want or inconvenience. In vain shall we endeavour, by intimidation or coercion, to suppress this language of nature, as is too often cruelly attempted: so long as the cause remains, so long will its cries continue, until exhausted by pain or muscular exertion-its efforts to obtain relief, when it sinks into an uneasy and often deceptive slumber.

Crying is often thoughtlessly (as if the half developed hapless babe should possibly be charged with such,) attributed to temper. Dispositions in children undoubtedly differ, and are often the fretful source of irritation; but the mother who finds her infant disposed to cry frequently, or on all or most occasions, or often unappeasable, should suspect either the nurse, or some constitutional delicacy in herself, as being the immediate or remote cause of such uneasiness and crying; and she should not rest or cease enquiry till the cause of its disturbance be discovered, in order to its being remedied.

It is of the greatest possible importance that mothers should be acquainted with the probable as well as possible causes of sickness and mortality.

From their peculiar position or their province, coupled with attendant circumstances as regards their child, they may be supposed and really should possess advantages which may at least render them competent to afford prompt relief to their tender offspring, and to offer the most useful hints to the attendant physician.

As regards medicine for children, of giving which, rest assured, we cannot be too *chary*, the first and leading considerations should be how we can best assist nature in her operations; at all events, we should be careful that we do not counteract her providential proceedings by drugging. The *prevention* of disease should be our principal object,

and mainly rests with those who are in charge of the infantile management, or more properly with the mother, as being the most natural, and is an object peculiarly deserving their attention, and should be a paramount duty of the mother, in fact with all those who have the care of infantile conservation—but especially the mother, were it for no other purpose, to enable her to prevent disease by counteracting the foolish and mischievous officiousness of nurses so imbued, as they generally are, with a host of nostrums—which, by inducing premature caducity, bring thousands to an untimely grave.

The timely application of the simplest remedies, eschewing as being dangerous, save when unavoidable and resorted to with care, all drugs; or that which is better and much more to the purpose—adopting or practising increased care, and exercising the judicious solicitude of an intelligent and anxious mother, may, in incipient disease, be sufficient to counteract such, or at least remedy its malignity or acceleration; all of which is peculiarly parental. by reason of the many opportunities which mothers possess by observation, rendering them the best qualified for the task-independently of her interest, were no other inducement necessary, which she above all others must or should have in the welfare of her offspring. Who is there, we would ask, who cannot feel sympathy when they contemplate an anxious young mother, with a watchful eye and aching heart, keeping unwearied vigil over her ill and suffering babe?—and whilst deploring their ignorance as being a fact, does not desire or wish that she and all mothers were endowed (as they should be) with that knowledge which might have saved the little sufferer, or, at least, have by timely forethought rendered its situation less critical or lethal?

Viewing the first great step (birth) of infantile life as being a transition from a dependent—a parasitic existence-into an independent one, we cannot sufficiently admire the wisdom of nature, which has ordained this gradual transition, requiring the child to remain, by suckling, an integral part of the mother for some time, say six months or a year, receiving from her vitality and nutrition. We would impress on mothers, that this period of transition, founded on nature's laws, is of the highest importance both to themselves and to their offspring, already cursorily alluded to, but which we shall, in the course of our following observations, more strenuously endeavour to point out to them, showing how decisive an influence is exerted thereby on the whole term of their lives; and that the want of due observance is not only most unnatural, but cannot be made amends for by any after proceeding in life.

Again and again we would say to mothers, hesi-

tate not, but ponder seriously on this tender subject: that which should be to you an all-engrossing subject, and chain your thoughts. Let them be fixed upon your helpless offspring from the moment of its birth. Preserve it as your paramount duty; to your utmost protect it from suffering by neglect, from the prejudices of ignorance, or that which is equally detrimental-inordinate officiousness of what is considered to be care. Let nothing be neglected; in fine, supervise the whole circle of its management, considering your infant as a branch of yourself, allow nothing but the most dire necessity to separate you; and, above all things, forget not to let your innocent babe draw the balm of life and of health and of strength from your own fluids, for as has been correctly observed, "it clearly results from a contemplation of the manner in which human feelings and ideas gain their connexion, that maternal thoughtlessness or selfishness in the morning of life is too often instrumental in overcasting its meridian and its close with a cloud of misery such as neither skill nor fortune can dispose;" therefore, we reiterate, be advised, omit not to suckle your infant. Imitate the conduct of all the inferior animals of the mammalia tribe, whom nature intended to suckle their young. Take example of the mothers of the most rude and savage nations, as also those of the most polished in the purest ages of Greece and of Rome, whose infants

tasted nothing but their mothers' own milk till they were at least a year old. Even in a political point of view, we would seriously urge every mother to nurse her own offspring, if only as a means to multiply the number of inhabitants, and thus increase the riches, the strength, the support, and protection of the state. Also, let me urge it further in a religious point of view, as acting in obedience to the Author of our Being, who has laid this command, this duty, upon mothers, through the laws and institutions which he has established in the regulation of his works,-" Even the sea monsters draw out their breasts, and give suck to their young ones: the daughter of my people is become cruel, like the ostriches in the wilderness." (Lam. iv. 3.)

Again, as regards our subject, "Infantile life in connexion with the mother." Impressed, as we must be, how essentially they are interwoven, we cannot otherwise than conclude that they are physically as well as morally dependent on each other; hence the strongest possible argument for the diffusion amongst the mothers of England of correct principles relating to the management of infancy and childhood. Independently of engendering a taste for the charms of a domestic life, as being an antidote against corruption of manners, noticed by the Romans when considering human nature physically and morally, would you, observe they, "have mankind return all to their natural duties, begin

with mothers!" In fine, we would ask, may it not be said, that they are the "fons et origo" of all that is desirable—all that is good and virtuous pertaining to man—that with woman the moral order of things began, and that in consequence of any perversion, flows successivly, from the same source, almost every kind of depravation.

It is true, we admit, that some mothers are from feebleness of constitution, or inferior health, incapable of nursing, and must wholly resign the duty to others, however ardently they desire and long to fulfil their proper office. But it is not the less true that, in many instances, the inability arises from the mode of life they choose to lead, and from a want of ordinary self-denial in their diet and general regimen.—

"O crime! with herbs and drugs of essence high,
The sacred fountains of the breast to dry!
Pour back on nature's self the balmy tide
Which nature's God for infancy supplied!"—

The secretion of milk is a purely bodily function, and is consequently affected by every change in the bodily or physical constitution. It is copious and nourishing when the health is good and the mode of life natural, and becomes defective or altered when the health is impaired and the habits incompatible with a normal condition.

When it is pointed out to one about to become a mother, the necessity of regular attention to air,

exercise, cheerful occupation, evenness of temper, early hours, and moderation of living, as the means whereby she may enjoy sound health, and as a natural consequence become a good nurse, it is difficult to make more than a momentary impression. From her defective education, she being uninstructed in the laws of the animal economy and unaccustomed to act upon principle of any kind, she will not perceive the importance of any observances, the good effects of which do not become palpable at a moment.

If, regardless of the future, a woman pregnant neglects, as many do, the ordinary laws of health, will infringe the most obvious laws of nature, or gives way to indolent inactivity, to the excitement of passion and the indulgence of appetites, late hours, &c., &c., it can scarcely surprise anyone that she should suffer more seriously than if she were not pregnant; and if, by violent exercise, excess in dancing, or any other avoidable cause, she spoils or disorders her bodily functions, and unduly agitates her nervous system, and, in consequence, finds herself and the being within her exposed to unexpected danger, she cannot, with any show of justice, blame nature, or any one but herself.

"Accuse not nature, she has done her part; Do thou thine!"

In many instances, miscarriage has been in-

duced, and, in many more, the infant has been rendered a sufferer for life by such imprudence of the mother.

We repeat, then, the condition of the mother being thus influential on her offspring, the importance of contributing, in every possible way, to her health, comfort, equanimity, and cheerfulness, should be rigidly attended to.

In fact, from the moment of conception, if there be one duty more paramount than another, it is the obligation on the part of the mother to secure for herself, by every possible means, the highest state of *mental* and *bodily* health of which her constitution is capable or susceptible. And this is the more binding upon her, inasmuch as its due observance involves no *rational* sacrifice which is worthy of name, and scarcely any which is not amply compensated to her by its favourable and happy results.

In short, there is no period of life at which it is of so much consequence to observe moderation and simplicity in all things, especially in diet, by avoiding the use of heating food and stimulants, as during pregnancy. Not only is the general system then unusually susceptible of impressions, and apt to be disordered by the slightest causes, but, in excitable or nervous constitutions or temperaments, the stomach becomes often the seat of a peculiar kind of irritability or appetency, accompanied by a

craving and capricious appetite, and which requires much good sense and self-denial on the part of the mother, to refrain from giving way to beyond a reasonable extent.

Cleanliness and fresh air, at all times, and in all cases, as we shall presently descant on, are important aids to health; but doubly necessary during gestation. Hence the propriety of having recourse to a tepid bath every few days, twice or thrice a week, especially, in the case of females in the middle and higher classes, in whom the nervous system is unusually excitable.

It promotes the healthy action of the skin, soothes nervous irritability, prevents, or resolves, internal congestion, and is, in every way, conducive to a healthy condition, care being taken that the bath be of moderate temperature; not too hot, but suited to the feelings of the bather.

As regards the inability of some young mothers to nurse, arising from various causes, such as constitutional impairment as debility, from irregular and artificial mode of life; every female, having a prospect of becoming a mother, should, at the very commencement of conception, when such inability to nurse the coming infant is to be apprehended, be the more particular in reference to her own self-management; and, although she may not be enabled, with her first child, to be an efficient nurse, she makes, by due care and perseverance, the commencement of her being so with the second.

As, in ordinary cases, the general health should be attended to, and the person, especially the bosom, kept warmly clad. After the period of quicking, dry-cupping occasionally should be exercised on the breasts, up to within a couple of months of parturition, when warm fomentation will be found to be a valuable adjunct to the dry-cupping, which now should be more frequently and assiduously exercised. By a perseverance in this mode of proceeding, observing regular hours for rest and exercise, the latter especially, in the open air, coupled with a generous diet, very delicate women who had but little, if any, prospect of affording their offspring its natural food, have become efficient nurses.

By many women pregnancy is regarded with alarm, as a period full of danger, and worse than doubtful in its results, all of which arise from sheer ignorance, for, be it known that, "for a woman to be pregnant is as natural as for her to digest food; an equally admirable apparatus having been, by nature, contrived for both—a stomach, and a womb or second stomach; the former for the purpose of reproduction or sustaining, the latter for reproduction on a more extensive scale—such as generation. It, therefore, is a consolation, and should be known that such is a notorious fact, that is, that such a period—pregnancy—is not naturally fraught with danger, but is rendered very often

perilous by gross neglect, during gestation, the improper mode of living, and ultimately by the disgusting intermeddling of accoucheurs, by their making, very frequently, a process of nature a surgical operation.

The conditions as affecting the health of the offspring are, as we have observed, to be greatly attributable to the state of health, the condition of mind, and the general conduct of the mother during pregnancy. It is, therefore, well to know that there are very many proofs on record as to the reality of the mother's influence upon the constitution of her unborn child; such as mothers agitated by distress, giving birth to children who continued through life a prey to nervous diseasea morbid timidity of character; and we have demonstrative evidence that a fit of passion in a nurse vitiates the quality of the milk to such a degree as to cause colic and general gastric disturbance in the sucking infant. Wherefore, if the child already born, who, it is to be presumed, is so far partially independent of its mother, the relation between the two be thus strong, is it unreasonable to suppose that it would be yet stronger when the infant lies in utero? If after birth a sudden and powerful emotion of her mind exerts, while suckling, such iufluence upon the mother's stomach as to induce or excite vomiting, and upon her heart, as almost to arrest it and induce fainting, can we not believe

that it will have more or less effect on her womb and the fragile being contained therein? Facts and reason then alike demonstrating the reality of the influence, should not much practical advantage arise and result to both parent and child; at least, would not such happy result be the case, were the condition and extent of its operations better understood?

Among the numerous instances recorded of the influence of mental anxiety in the mother upon the general constitution of offspring in utero, as also of fear in the care of a mother nursing her infant, we give the following as being well authenticated, for the information of our fair readers. In the first, that of mental anxiety-Baron Percy. an eminent French military surgeon and professor of medicine, relates, as having occured after the siege of Landown, in 1793. He says, that in addition to a violent cannonading, which kept the women in garrison for some time in the constant alarm, the arsenal blew up with a terrible explosion, which few could listen to with unshaken nerves. Out of the 92 children born within a few months after, 16 died immediately after birth, 33 languished from eight to ten months and then died, 8 became idiotic and died before the age of five, and 2 came into the world with numerous fractures of the bones and limbs, caused by the convulsive starts in the mother excited by the cannonading and explo-

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sion. Here, then, is a total of 59 children out of 92, or within a trifle of *two* out of *three*, actually killed through the medium of the mother's alarm and the natural consequences upon her own organization.

The case of fear operating upon a sucking child, is related as having occurred in France also. The father was suddenly attacked by a ruffian armed with a sword, and the fear excited in the mother while attempting to rescue her husband, which she heroically accomplished, so affected her, that in a few minutes after, while under agitation, on her nursing her fine robust and healthy infant, it suddenly ceased to breathe: it was seized immediately after being nursed with convulsions and expired. So much as shewing the influence of the mother, and the necessity of her attending specially to her physique as well as morale during gestation, as also afterwards whilst nursing.

Now, with reference to our strictures as to freedom of exercise being salutary and necessary to the health, growth, and vigour of the body, it follows that the exercise of the physical structures necessary to such ends must have its alternation in repose; and, we find that the infantile period of a healthy child is chiefly spent in such repose—sleep. The infant, for some time after birth, sleeps almost continually:—nursing and sleeping alternately—sleeping and nursing being almost its sole occupa-

tion: it being only after it has begun to perceive objects, by means of the exercise of its special senses, when its attention becomes arrested or engaged by their exercise, that the infant can be kept awake for a few hours—say two or three at a time. It is from a high state of activity of the digestive apparatus, and the almost constancy of their actions, that sleep is in a great measure induced; for the concentration of nervous power on the stomach materially diverts it from the brain and other organs, leaving them to repose. it should be understood that the organization of the brain in infancy is exceedingly defective, or rather, if we may so express ourselves, progressing to full development, nor can it be employed or occupied for any continuous period. By such arrangement, however, between the activity of the stomach and the limited action of the brain in infancy, the purposes of nature are fully attained and the nutrition of the body promoted; indeed, sleep is necessary to facilitate and complete the nutritive process commenced in the stomach; a regular and certain amount of food and sleep being indispensible for such purpose, should, therefore, be carefully attended to.

Such being the importance of sleep to their growth and nourishment, the necessity of allowing children a full proportion of it, will be sufficiently obvious. Sleep, being thus one of the most fa-

vourable signs of healthy growth and nutrition. should be allowed, both during the day and the night; but a certain amount of care ought to be taken, so as to make the infant's periods of waking during the day and night occur as nearly as possible at certain or stated intervals; as, by this means, we teach the infant regularity, whilst we save the mother much distress from sleepless nights. sides, nature has pointed out to us that sleep, like appetency for food, should be periodical. It is not until the second or third year, or in some cases until the fourth year, that sleep should be dispensed with altogether throughout the day; an hour, or somewhat more, according to circumstances, being appropriated to that purpose. The time when it is at length left off, or entirely discontinued, may safely be left to the child's own feelings, which are the surest and most natural guide. The child will. however, require to be put early to bed, and allowed to sleep according to its own pleasure until morning. When grown older, the length of time appropriated to sleep should be gradually abridged: and about an hour by degrees taken from each succeeding year, until the age of seven or eight, when they may be allowed to pass nine or ten hours out of the twenty-four in the repose of sleep.

Little solicitation in general is required to induce children to sleep. If properly managed, their periods for this purpose occur as regularly as those of alimentation; and they will fall asleep without any artificial means being had recourse.

The ordinary plan adopted of soliciting sleep to the infant by rocking may well be dispensed with, though sanctioned by fashion and long custom. Such a method of inducing sleep is, to say the least of it, artificial; and very frequently, by agitation of the infant's body immediately or soon after it has been suckled, may induce disorder of the digestive organs, more pernicious than even the want of some hours rest would be. The same may be said of the common practice of jolting an infant on the knees immediately after nursing while singing it to sleep. At the usual period of slumber, the child generally (when accustomed to regularity) becomes drowsy and heavy when laid on its own bed.

There are few things which distress an anxious mother, or annoy an impatient nurse, more than sleeplessness in their infant charge; and there is nothing which both are so desirous to remove by the readiest means which present themselves.

A healthy child, properly treated, will always be ready to sleep at the usual time; and when it appears excited and restless, we may infer with certainty that some latent cause has made it so, and we should endeavour to find it out and remove it. If no adequate external cause can be discovered, we may infer with equal certainty, that its health has in some way suffered, and that it is sleepless from being ill.

From not ascertaining and attending to the true origin of the restlessness, however, and regarding it merely as a state troublesome to all parties, many mothers and nurses especially are in the habit of resorting to narcotics, such as laudanum, sedative drops, and that vile and destructive compound, Dalby's carminative, which has sent many a helpless infant to its long home. They sometimes give spirits, to induce sleep, without regard to their deleterious effects; and are quite satisfied if they succeed in inducing the appearance of slumber, regardless whether the reality be sleep, stupor, or apoplectic oppression.

We fearlessly assert that there can be no condition of an infant, whether of health or disease, to warrant or justify the administration of an opiate, whether in the form of poppy syrup or otherwise. And we would further caution, as being equally lethal, the introduction, by means of friction, of any opiate: the skin of an infant being extraordinarily active, the opiate will act with as much certainty as when administered by the mouth or per anum.

Further, as regards sleeping. From the inability of the new-born infant to maintain its own heat, and the extreme care with which we see the lower animals protect their young against the external cold, as well as from direct experience, that while sleeping the body both of the adult as well

of nature as regards alimentation or suckling, we arrive at the time and for the process of weaning, when naturally arises the question—at what particular period should the infant be weaned? presence of teeth being preparatory to the process of weaning, the progress of which, we must bear in mind, not always being uniform, some infants being sooner in getting their teeth and some later, no positive rules can be laid down; but, in general, if a child be thriving, and has been afforded a due supply of suck for three or four months, it will rarely suffer materially by weaning being commenced about this time; but a risk being implied by doubt, we should hesitate about weaning a child at that or any other early age, except some particular reason requires so critical a proceeding. Yet, should such particular occasion make it imperative, we run the lesser risk in separating an infant from its mother about the third or fourth month, by supplying it with the milk of another woman, who is healthful, and whose infant is of a similar age.

Although nature has provided this indispensable supply of nutriment, the mother's milk, for the infant, sufficient for a time to render it independent of all other kinds of food; a period at length arrives when this food or alimentation cannot any longer be furnished without serious injury to the mother; the object, a certain amount of development of the infant intended by the first intimate

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connection, a sort of parasitic life, between mother and offspring, having now been accomplished.—
Teeth being about to make, or having made their appearance, they being quite superfluous to the infant in sucking, are evidently intended for some other purpose; nature's clear indication that the food of the infant should be changed from the mother's milk.

In order, however, to prepare the infant for change of alimentation or diet, consequent on weaning, presuming even that the natural term has been passed in suckling, the change should be gradual, and not, as is frequently the case, abrupt and at once: such as fixing upon a particular night for the purpose, at which time the spoon and the cradle are resorted to, and from which time thenceforth the infant is not to taste its wonted food-breast-milk: and aloes, or some such horrid application is made to the nipple, to drive the poor infant from the breast, in order at once to deprive it of the food provided by all-provident nature, and to which it has from birth been accustomed. Is it reasonable to expect that any living body could bear such sudden alteration or treatment?-much less a tender infant, who will, however, bear much when effected gradually. The result of such rash proceeding will be formidable disease, such as weaning-brash, and all its direful consequences, which gives rise to the most dreadful havoc in the infantile constitution: first, by deranging the stomach and bowels; the liver; in fine, the whole body; causing wasting of the infant to skin and bone, and ending in premature caducity; the origin or cause of all which being the weaning of the infant too suddenly and too early.

Following the dictates of common sense or reason, we should prepare the infant for so critical a change; observing, however, preference or choice as to its food; not omitting a due consideration as regards the season of the year such weaning is to take place; the state of the infant's health; as also the progress or advancement of the teething, &c. &c.

To prepare the infant for such an important alteration in its alimentation, it should be commenced by gradually giving some trifling additional nourishment to the mother's milk: at first, once daily; subsequently, increased to twice; and so on to thrice a day; but only in small quantities at a time. For, by conducting the weaning process in such a manner, the safety of the mother's own constitution, as well as the constitution of her in-The secretion of the mother's fant, is insured. milk gradually ceases; her change of constitution comes gradually round. Nature operates, and supercedes the impotent interference of art, while the infant's health and the due economy of its stomach and bowels is preserved; which is totally 1

different with those unhappy infants who are crammed with improper food, and who are too early and too suddenly weaned.

Now as regards choice of food. That which we would recommend at this early period, to alternate with and mix with milk, as being the most proper, is the pearl barley boiled down to one remove in consistency from water, with the addition of a small quantity of cow's milk, or that which is preferable, from our experience, sheep's milk. Tops and bottoms, with coarse oatmeal, are to be deprecated, as giving rise to flatulency, gripings, and a wretched The pearl barley, train of gastric disturbance. when boiled down and strained through the finest muslin, will be found to be the most elegant substitute for the limited quantity of the mother's milk, with the addition, sometimes, of cow's or sheep's By this means, the infant will be gradually weaned from its mother's milk, by the addition of such appropriate food.

It has been observed that in cases of too long continuance of one aliment, without change or mixture, it ceases to give the due stimulus to the stomach, when it passes off without affording sufficient nourishment. The importance, therefore, of occasionally changing the article of diet will be obvious. The finest wheaten flour, slightly parched, mixed with milk; also rice finely ground, (a favourite aliment used by the Dutch,) having been pre-

militate against the affording the necessary supply for the waste, but suspend every thing in the shape of reproduction, required for the growth.

Up to the time of perfect dentition may be termed the first essential period of a child's life, say till about the second year. From this time, when the mental life commences and generation has ceased, up to the seventh year, may be considered the second period of childhood, which, being more perfect, there is less mortality and disease. The seventh year commences a remarkable section of life, which, up to fourteen, is the healthiest and less fatal period. It is at the seventh year that the child may with advantage be put to school; the previous portion of his life having been occupied in moral and physical training, by exercise and the study of nature in the open air, under the fostering care and guidance of a mother.

In reference to the teething of children, we must not omit to observe that it is a process that requires considerable attention, as it is very generally attended with more or less disorder of the infant system.

In infants of a healthy constitution, where life has as yet been carried on energetically from the birth, it causes little or no disturbance; but in those that are born weakly, of a sickly constitution, and naturally prone to disease, or whose development has been hindered by drugging and mismanagement as to aliment—teething is generally attended with great disturbance, which gives rise to or kindles up often the most dangerous diseases, so excitable is the infant constitution at that period, even in health.

Teething commences generally before the eighth month, frequently as early as five, and in some instances even as early as three months, when the first two teeth above and below make their appearance. Some have been born with teeth. From the period of the appearance of the first teeth to the end of the second year, the first set of teeth, termed the milk teeth, gradually appear, till the number, which is twenty, be completed.

The ordinary signs of teething in infants is an increased flow of saliva, heat, and fulness of the gums, a sort of puffiness, fretfulness, and constant attempts to thrust things within its reach into the mouth, evidently for the purpose of allaying the itching or irritation in the heated mouth and gums. These efforts or attempts are ceaseless, and the application of the mother's or nurse's fingers with a view to gentle friction, causes delight, and an abundant dribbling or flow of saliva, evidently to the relief of the little sufferer.

In children of a delicate constitution, as also in those who have been ill-managed from their birth, teething is frequently attended with alarming symptoms, which require judicious and prompt treatment. Convulsions are the most alarming at this being a case of infantile disease requiring depletion by bleeding of the most trifling amount.

We have said that teething being a natural process, is not necessarily attended with danger under proper treatment, and that a healthy child generally passes through it without much actual suffering; but that in delicate and mismanaged children it often is the cause of much danger and anxiety; the possession, therefore, of sound views in regard to it is important.

While a mild and simple diet is extremely useful, coupled with the avoidance of all drugging, in warding off digestive irritation during teething, any excess or impropriety in the kind of food will be far more apt to excite serious disturbance than if dentition were not going on. Many observers, indeed, have been struck with the comparative ease and safety with which infants who have never tasted other food than their mother's milk pass through the early period of dentition.

During the acute stage of dentition, in cases wherein the child has other food than its mother's milk, it should be considerably diluted; while, for the same reason, if teething commences before weaning takes place, the mother or nurse should adopt a mild cooling diet, and carefully avoid all heavy and indigestible articles herself. The quality of the milk will thus become better adapted to the condition of the child, and tend to prevent excite-

ment running too high, and the mother at this particular time should be doubly cautious of her own health, carefully avoiding all sources of undue excitement or disturbance, fatigue, and anxiety, as these directly affect the state of the child.

At the end of the second year, the first teething of the child is completed, when the jaws have become filled up with teeth. The double teeth or grinders, eight in number, are the last in making their appearance; when complete, the set are called milk teeth.

This completion of the teeth is indicative that the period has arrived when the stomach is in a condition to digest, and with the other viscera to assimilate animal food. Animal food requiring thorough mastication, for which purpose are the teeth, may now be taken; and its use, by children, is contra-indicated till nature has provided grinding teeth suited for the purpose.

Inasmuch as reflection and reason should guide man in rationally appropriating to himself food, they should also influence the parent in regulating the supply of food for the child.

About the age, then, of two years, animal food may be given in small quantities, gradually increasing its quantity with increasing age and strength, and the exercise of the muscular system.

A part of a child's diet should be vegetables, always with bread, which is consistent with the appetite implanted in him by nature.

No one article of diet should, however, be persisted in without that change and occasional interval which has been already alluded to as being so necessary to the uninterrupted nutriment of the child's body. A regulated system of giving varied food at stated intervals preserves the relish for it, and produces beneficial effects accordingly; it continues to give the greatest amount of nourishment and the proper appetite for eating such as too constant repetition of one article is almost certain to efface or pall.

During the early weeks of existence, we have shewn that the infant does nothing but digest, grow, and sleep, at which time it requires to be nursed more frequently than at a later period; but Hygiene being our principal object in these pages, we hope to be excused recurring again to the subject of nursing—a subject on which too much cannot be said.

If the breast be not habitually (which is to be deprecated) offered to the child every time it becomes uneasy or cries, there will rarely be any active desire or appetite on the part of the infant for it at a shorter interval than two hours and a half; and if unequivocal signs of desire on the part of the child be manifested, it will be quite safe to yield to the child's solicitation, taking care that it does not, however, over-feed.

The inferior animals, incapable of combining

ideas and drawing conclusions, not possessing the boasted reasoning powers of man, but wholly guided by the dictates of pure instinct, seldom, if ever, deviate from the laws and institutions of nature. They vary not their modes of life. Thev never employ, except from the most urgent necessity, any species of food but what is consonant with their nature: and in their general habits of life, they never pursue courses injurious to that constitution which nature has bestowed upon them. They are consequently strangers to many of those diseases and calamities existing among mankind, which evidently owe their origin to gross deviations from the obvious laws of our nature. And further, as regards feeding or nursing, we may with much profit take pattern by observation on the generality of the lower animals; for we see them frequently repel, then encourage the first entreaties of their young, and yield to them only when appetite is clearly indicated. With them the result is that indigestion and bowel affections are as rare with them as they are common among mankind.

We may further notice with reference to the infant aliment, that mothers and nurses are apt to run into errors in their diet that frequently prove not a little injurious in their consequences. They sometimes overfeed themselves with rich and highly seasoned or nutritious food, to which they perhaps had not been previously accustomed; they also

swill stout, under the impression that by such means they will produce an overflowing supply of milk. The quantity may by such irrational proceedings be increased, but the quality will assuredly be poisonous to the infantile constitution, and cause a variety of ailments, especially of skin disturbance, in the shape of scald head, sore ears, &c. &c. while the gastric passages will suffer proportionably.

We would wish it to be clearly understood that a mother while nursing requires little if anything more than her ordinary nourishing food, prepared in a plain customary way; she needs neither stimulating food nor alcoholic drink, but on the contrary should avoid all such. The foundation of ebriety has been, in many cases, laid by the advice of doctors to young mothers to swill stout and other strong drinks, whilst her unfortunate infant has been made to suffer, as is found to be the case, from eruptions and from ailments of various kinds. Medical men should think well on the misery which they cause, both to mother and infant, by such injudicious, thoughtless, in fact, pernicious advice—drink plenty of stout-it will give you abundance of milk-is, I lament to say, too common a saying to mothers, but, alas, of what quality is such milk, even if the quantity be increased?—anything but of that bland quality intended by parental nature. The mother should take what food is necessary to her health

verience, that intemperate mothers not hereditary taint on their offspring but also that in them, as well as stream of alcohol is conveyed ut, mother or nurse to the most suit. at the fountain of life, . of milk, sufficien. to supply that pure infant, without the emplos. is poisoned at its ordinary diet on the part of the two. ted appetency which we have principally to do, is radius, its growth intermeddling with nature's operation, ce, that direct the adoption of any new plan or span il its

Any sudden and material change, even through from a bad to a good regimen, is always dangerous; all changes should be gradual. When nurses, for instance, are brought from the country to wet-nurse. they are frequently obliged to vary their diet, from the received idea that meat soups and broths yield better nourishment and a greater supply of milk. From our own experience, we by no means are of such opinion; on the contrary, we have found that in such cases infants have become variously affected If a nurse's ordinary manner of or disordered. living preserve her health and constitution, she should let well alone, and not be induced to alter it. Country nurses, generally, eat less animal and more vegetable food, than those who usually live in cities; a regimen, we think, rather favourable than

otherwise both to themselves and the infants they suckle.

Unquestionably, as we have already shewn, the milk of a woman is liable to be affected by the description of food on which she lives, or by the use of any medicine. Thus, if a mother or nurse eat garlic, her milk will become highly impregnated with its odour, and consequently disagreeable. If she, as already observed, indulge in the use of wine and porter or spirits, the infant will become deranged and impaired thereby. If a nurse take any aperient medicine, the infant will be purged and probably griped; and many complaints of the child may be remedied through the mother or nurse by attending strictly to or varying their regimen.

We have shewn that the milk of a mother or nurse may be altered by the affections of the mind, as anger, fear, grief, and anxiety, which will suggest the necessity of great care in selecting a nurse; a good temper and an even mind being circumstances which demand our most serious attention.

That the nurse, through her breasts, influences the character of her suckling, we are strongly of opinion; we have ancient authority, as well as our own experience, for such opinion. Tiberius, it was supposed, became a drunkard because his nurse was such a one. The drunkenness of Nero was attributed to the intemperance of his nurse; and it is in accordance with reason and common sense, con-

firmed by experience, that intemperate mothers not only inflict an hereditary taint on their offspring before their birth, but also that in them, as well as nurses, the poisonous stream of alcohol is conveyed through the milk of the mother or nurse to the infant at the breast; so that the fountain of life, through which nature destines to supply that pure and healthy nutriment of infancy, is poisoned at its very source, when a diseased or vitiated appetency is thus engendered, which grows with its growth and strengthens with its strength. Hence, that nurses may perpetuate intemperance, with all its wretched concomitants, as well as other physical disabilities, is no imaginary evil.

Among all the physical evils to which flesh is heir, there can be none of more importance than that to which the strictures contained in these pages more immediately refer, namely: — The excessive mortality of infants, as shewn by the elaborate Report of the Registrar-General for the year 1849, even in this our present advanced stage of civilization, wherein we find, in one place alone, the city of Manchester, in seven years, that thirteen thousand three hundred and sixty-two children perished, above the mortality natural to mankind; and taking together the general Reports for England and Wales, there are evidently prevailing among those who have the management of infancy and childhood serious errors: in fine, it is computed

that fully one-fourth! of the children born in England die before their fifth birthday. Does not this state of things call loudly, nay, demand searching investigation and attention, in order to remedy such a crying evil? It is true that in some measure, such excessive mortality may be attributable to many causes, such as constitutional debility, or hereditary taint; to acute or epidemic disease, such as hooping cough, measles, scarlet fever, &c.; and to our ill-adapted or really futile sanitary regulations. Yet, on the other hand, it should be recollected that our infantile population is entirely free from many evils which cause mortality among our adult population, such as intemperance, over work, and anxiety; as also the many accidents attendant on several perilous occupations, with many other causes which give rise to a preternatural ratio of adult mortality. Still, we are induced, when taking a comprehensive view of all that pertains to Life and Death, both in the adult as well as the infant, to attribute both disease and death to our monstrous treatment or management of infantile life, by which we boldly repeat, as being a fact, that thousands are prematurely cut off; there being no more fertile source of first derangement of the chylopoietic viscera, or nutritive apparatus, soon to be followed by death, than that occasioned by early drugging and improper aliment or food: both of which, although we have already referred to, we

shall still further endeavour to impress the necessity of guarding against on the minds of mothers and those who essay to take charge of or manage infantile life.

Specially on the early treatment or management of the infant, we reiterate, every thing may be said to depend; the foundation of a good or a bad constitution being generally thereby laid; and thousands are prematurely cut off by such mismanagement before either be established; and we cannot too forcibly draw attention to these two most fertile sources of derangement, namely, early drugging and improper alimentation, whereby digestive disease is induced, giving rise to many of the inward fits as they are termed, to cramps, colics, &c. &c. so common in infancy, or, as is often the case, originating in some imprudence in the mother's or nurse's diet.

The vulgar notion, or most irrational idea, that an infant requires to be *physicked* and *fed* immediately on coming into the world, is dangerously absurb, to say the least of it. It would almost seem to be forgotten that the Creator in constructing the human body, undoubtedly placed it under the dominion of laws sufficient for its preservation and well being. The outrageous ignorance or conceit, that the works of nature cannot go on without the blundering interference of man, borders almost on impiety: for, is it credible to suppose that a human infant should be so imperfectly organized,

that it cannot pass over the years of infancy and childhood, naturally the most healthy period of life, except the biliary,—the biliary system, forsooth! be ever and anon expurgated with that universal remedy, "grey powder;" or, that the early and almost habitual exhibition of such a mineral poison can be unattended with injurious consequences? Strange, indeed, is it that we should evince such ignorance, such a distrust of nature, and presume to force her in those operations where human interference is so little needed. Under the pretext of urging the stomach and bowels into action, castor oil, or oil of almonds, or syrup of violets, and even other drugs, are presumptuously administered, forgetting that the first milk of the mother is all that is necessary to promote the evacuation of the meconium, and for which purpose, in due time after birth, say in eight or ten hours, the child should be applied to the breast, the discharge from which will aid in the prevention of puerperal fever, attended with inflammation of the mamma.

It is high time that it should be known as truth, that more children perish by the meddlesome interference of inexperienced and illiterate Practitioners than ever have been saved by them. How many perish by unnecessary drugging, common sense may form some notion, from its being the fashion or custom to commence with physic the moment the child leaves the womb; to dose every new-born

babe with castor oil, sometimes with coarse brown sugar, or some other trash, even before it has learnt to apply its lips to the mother's nipple! Who but a creature with the mind of a mechanic-totally ignorant of all that physiologically pertains to the human being, would think of resorting to such abominably wicked stuffing and drugging? Instead of observing and studying nature, and, as it were, anticipating her by carrying out her laws, dictated by common sense and experience; heroic and violent,-the most powerful drugs are had recourse to; all that is rational is looked upon as, or termed a mere old woman's remedy; it being forgotten that many an excellent hint may be derived from every description of old woman, as regards the management of infants, save of the old woman, or pedantic of the profession, whose ideas are imbued with or are constantly running on lethal drugging.

It would appear to us that on a certain degree of knowledge as to the infant's physical nature, its relation to external objects, its gradual growth and development, the nutritive process by which all actions are accomplished and are ever going on within its frame, and on such knowledge alone can a proper and healthy management of the infant be founded. Let it be recollected, that the object of judicious management chiefly consists in non-interference with nature's efforts; or rather, in aiding the powers of nature in the careful development

of the infant-man. But when, instead of such management, nature is thwarted and opposed at every stage of her progress, her plainest dictates neglected, and her operations checked by the observance of fashion, founded on ignorance or cruel prejudice; what other results, pray, are to be looked for than a mortality amounting to nearly one-half of the children that are introduced into the world? And when we observe the infant so much the mere sport of the prejudices and fears of parents, who have themselves grown up to mature age under an erroneous system of management, and who have also perpetuated its evils in their own offspring, because it has the sanction of ancient custom or habit; are we not justified in assuming that in the premature disease and decay of their children, and the poignant moral suffering that thereby ensues, they only are made to endure the legitimate penalty, the result of transgression of the natural laws which regulate the human constitution?

PART III.

HAVING at some length descanted on the paramount—the indispensable duty of affording to offspring their maternal nourishment, thereby guarding against (at least in as far as our power lies) the wretched consequences of unnatural and crude alimentation; as also having enjoined the propriety of eschewing drugging not only as being inimical to life,—contrary to nature, but positively murderous; by all of which, if properly attended to, or carried out as advised or recommended, an amount of security (highly to be prized) against disease or ill health, will be ensured to us; and of which there can be but little doubt, especially when we meditate seriously on the anticipations of all-bountiful nature, which has provided, as we see, a most perfectly organized apparatus, to preserve the infantile frame, by concocting or elaborating a suitable nourishment for supplying the materials of growth and development; pointing out thereby to us most clearly (which we cannot too strenuously impress on the notice of our fair readers) the object of parental management, viz., to preserve their relations to the infant constitution, and thus aid her nature to effect her destined ends; by doing which,

we reiterate, health is in a great measure, ensured: in fine, proper management of infantile life is merely an effectual co-operation with nature. It is not a new road to health, but a mere falling back on first principles; walking as it were hand-in-hand with our surest guide—nature, from which unfortunately it is too often the tendency and the fashion of what is called civilization to depart.

Let us now, in furtherance of our advocacy of "Infantile Hygiene" (prophylaxis, or prevention of disease, being our leading object,) animadvert strongly on the efficacy of two of our most powerful (if not principal) adjuvants for such conservative ends, viz. of cleanliness, by oft-repeated personal ablutions, such as bathing the entire body, also of atmospheric air, a free access to which is insured by thorough ventilation.

Of the former—cleanliness, we would observe, that if we would preserve the skin in the full and free discharge of its functions; if we would maintain its suppleness and the beauteous tints that impart a soul to every shape—

"Even from the body's purity, the mind Derives a secret sympathetic aid:"

we must direct a due measure of attention to personal cleanliness. The lower animals exercise a care and diligence in this respect that it might well become man, with all his boasted pre-eminence, to imitate.

Among the effects of cleanliness may be enumerated the keeping up of the normal action of the skin, as intended by nature for the purposes of depuration; for a skin covered or plastered over with an accumulation of its own filthy excretions, as well as other matters of defilement from without. cannot be regarded as being in a condition to carry on its office in the general economy with either readiness or efficiency. Such defilement would rather clog its functions and operate as a real hindrance to its free discharge or outlet of all impurities; and, precisely as such are impeded, so must the matters of an excrementious nature, designed by nature to be got rid of at the surface of the body by means of the skin, be retained and allowed to stagnate and corrupt in the system, if they find not some such outlet. The addition of comfortable feelings induced by the free execution of the cutaneous functions cannot, at least, be too widely estimated: independent of the variety of salutary impressions to be derived from the media by which cleanliness of surface is to be attained.

The means of ensuring cleanliness of the surface of the body, we have said, is by frequent ablution or washing—by entire bathing, which was one of the chief luxuries of the ancients, especially of the Romans; but bathing should be well considered and be practised as a Hygienic agent, as well as a luxury, in fact, more for the purpose of the former

-Hygiene; for there is no more efficacious a method of invigorating the system than by the use of the cold bath, which, however, will not admit of indiscriminate or universal application; it, properly speaking, should be viewed as a source of medicine, especially sea bathing, from the greater stimulating power of sea water. Properly speaking, the bath for prophylactic purposes, or as a Hygienic agent, should be warm, and of a modified temperature, according to the constitutional peculiarity, say ranging from tepid to hot. The effects of the warm bath, commonly ranging from 850 to 98° or 100° Fahrenheit, to promote cleanliness, at all seasons, both in winter and summer, consists in the mild and agreeable sensations (especially in cold weather) of warmth or heat which pervades the surface of the body: in the diminution of the force and frequency of the pulse; in the state of soothing calmness, with occasional disposition to sleep; in the relaxation of the skin, from which the superfluous scales of the epidermis are detached; in the increased cutaneous absorption, as well as an increase of the urinary secretions; whilst the hot, like the cold bath, is more properly an instrument in the hands of the Physician than in those of the Hygieist. The hot and cold baths being alluded to here principally to caution against the injurious consequences of the indiscriminate employment of them, and not their utility or necessity as prophylactic, or a means of preserving health.

After this slight or cursory estimate as to the properties and uses of hot and cold baths, as also of cool and tepid ablutions, it may be considered as almost superfluous to say that it is the cool and warm baths that should engage the attention of the But, as being more pertinent to our object, the prevention of disease, especially as regards infantile life, and their constitutional conservation, we will extend our observations on the subject of cleanliness or bathing by further observa-In order to check and prevent the general tendency to disorder or disease; to meliorate the constitution of the child, by inducing a regulation of fluids; and to direct the exuding morbid matter more universally and uniformly through the pores of the skin (reckoned as being in number upwards of seven millions!) a more effectual remedy cannot be had recourse to than that of frequent tepid or warm ablutions, to be regulated by circumstances. These observations are not (be it recollected) merely conjectural, but founded on philosophical reasoning, and confirmed by extensive experience and practice.

In the infant we observe great delicacy and high sensibility of the external covering,—the skin, as well as the internal or linings, such as the mucous membranes of the stomach, the intestinal tube and lungs; in fact, the mucous linings may be said to be nothing more nor less than a continuation of the outer covering or skin; consequently, properly

speaking, Hygiene of the infant consists in preserving both the outer as well as the inner coverings from all violent or abnormal excitation or disturbance, such as exteriorly, in the infant especially. from sudden application, from cold, &c.; and interiorly, from crude unnatural food and deleterious drugging. By our judicious Hygiene supervision, we are enabled gradually to accustom the infantile skin and mucous lining to bear the stimulus of external and internal agents, which, when prematurely or inappropriately applied to either, excite morbidity and irritability, that frequently result in disease more or less serious: but which we do not wonder at when we recollect that the skin is influenced by the most trifling impressions, which, with that of the mucous membranes, are indicative of immediate and powerful sympathy, especially with the brain, the liver, the stomach, and the bowels: that is, in other words, when the functions of one or other of these parts is deranged, the skin becomes affected, and vice versa: hence the sudden vicissitude of temperature, as an application, has almost an instantaneous effect upon the skin, involving the alimentary canal, disturbing or influencing morbidly the functions of both. Frequent bathing, from the foregoing reasons, cannot but be looked upon or viewed as a powerful mean of counteracting and suppressing the disposition to stomachic complaints, which are greatly prevalent among children, frequently accompanied with diversified nervous symptoms, and which may be expected, when we recollect that the balance of the vital energy is disturbed very differently at various periods of life; and that in infancy, the digestive system, forming as it does so considerable portion of the whole organism, is the grand centre of vital actions.

Preliminary or previously to further urging the salutariness of personal ablution, and for the purpose of better comprehension on the part of our non-medical readers, for whose guidance this brochare is principally intended, we will endeavour to give them some idea of the texture or mechanism; in short, the peculiar nature or structure of our skin, which, as our exterior covering, forms one of the most important portions of the human frame; no part of the body being provided with so many essential organs, by which it is connected with almost every operation of animal life, as this universal tegument of the body. in itself three very essential functions. It is the organ of the most extensive and useful sense, being the organ of feeling, exemplified in the action of touch, and by its organization we are placed in immediate connexion with exterior nature—with the surrounding atmosphere, which particularly affects us through the skin, and exerts its influence on our health. We further feel, directly through

that medium, the qualities of the air, heat, cold, pressure, rarefication, &c. &c.; and we experience (at least in their influence) other much more subtle and less known qualities, of which we shall here only allude to, viz.: the electric and magnetic fluids, from the spirituous or highly penetrating nature of which fluids, we may easily conjecture how considerable a share they must have in the principle of vitality, and of what essential use the organ is through which they affect us.

As regards the faculty of touch, it may be said to be the most general of all the senses, and is of great import: as it is the most sensitive, so it is the most delicate and tender part of the frame, and its exquisite feeling is evinced from the fact, that wherever it is exposed to violence or injury the most severe suffering is inflicted.

Whilst such is the susceptibility of the skin, as regards its exterior relations, its importance with respect to our interior economy is equally apparent, the interior lining or mucous membrane, as already stated, being a continuation of our outer skin or covering; hence our comprehension, by physiological reasoning, of the intimate connexion of the skin with the most essential functions of existence—that of digestion, from which those organs of digestion, viz.: the stomach and bowels, have been styled the "prima viå," or high road of life.

This universal covering is commonly known to be

the channel of perspiration, the principal means, as we see, which nature employs to purify our fluids, by ejecting or excreting the effete or poisonous matters of the body through; and by means of an admirable organization, it is enabled also to absorb certain salutary particles of the surrounding atmosphere, and when in a normal or healthy condition, to guard against others which would be detrimental to vitality, for which purposes innumerable vessels, called capillaries, and a complete net-work of nerves have been furnished.

To be more explicit, we may repeat, that important as the skin is to external life, it is no less so to the internal economy of the body, it appearing to be peculiarly designed to preserve the grand equilibrium of the different systems, by which the human frame is supported in its vital, animal, and sexual functions. If any stagnation or accumulation or irregularity arise in the fluids, the skin is the great and ever-ready conductor through which the superfluous particles are separated, the noxious volatilized, and the fluids stagnating in their course effectually attenuated; a channel being at the same time opened for the removal of those humours, which if, should they get access to the vital parts, such as the heart and the brain, would cause By the proper exercise of inevitable destruction. this organ, many diseases, as we know, may be suppressed in their early stages; and those

which have already become established, may be most effectually removed. No disease whatever can be healed without the co-operation of the skin. The nature and constitution of this organ must certainly determine either our hope or apprehension for the safety of the patient. In the most dangerous inflammatory fevers, when the prospect of recovery is but gloomy, a beneficial change of the skin is very frequently the only effort by which nature, almost overcome, relieves herself, and ejects the poison in a surprising manner, frequently in the course of a very short time-in one night! In fact, one of the greatest objects of the "Healing Art" consists in the proper management by the Physician of this extensive and most important organization, in regulating its activity, &c. when occasion requires it. To mention only one circumstance, well known to those who have experienced the beneficial effects of a simple blister, that its counter-stimulus, like a charm, has frequently relieved the most excruciating pains and spasms of the internal parts.

The just proportion of the fluids and the circulation of the blood being determined in no small degree by our skin, we can appreciate the consequences when the economy of our surface is impaired—from the want of personal cleanliness, when the myriads of orifices, or pores, that are designed for their continual purification and reno-

vation, are obstructed, if not closed. When the subtle nervous texture is nearly deprived of its energy, so that it becomes insensible, as though it were an impenetrable coat of mail, is there any reason to wonder at our being so often indisposed; and if we add to the causes of such obstruction and the abnormal condition of our covering, the effects of our inconstant climate, which at one hour of the day braces, at another relaxes the surface of the body, alternately heating and cooling it, and consequently disturbing its uniform action; it will be easily understood that the skin must, for these reasons, be almost generally spoiled or vitiated, and such vitiation, or spoiling being a leading source of many of our common and fashionable indispositions, claims our serious attention-personal ablution and cleanliness being one of the chief conditions of health at all periods of life, and more especially in infancy.

Doubtlessly, by a proper use of the bath, many infantile diseases may be wholly prevented: Catarrhs suppressed, or greatly mitigated; Teething rendered easy, &c., &c.; in fact, the whole—the entire "physique" of the child incalculably improved, by our aiding the efforts of nature to throw off all malignant or deleterious humours, by the pores of the skin in a highly normal condition; by which proceeding the blood and humours of the infantile body are purified. We must however, again remind our readers, whilst on the subject of the

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conservative uses or properties of bathing, that the temperature of the infantile ablution should be between 84° and 96° of Fahrenheit's thermometer, rather warmer than new milk, having thought as to the comfortable sensations that should be felt by the baby, particularly at its first bathing some hours after birth—by the opening as it were suddenly so many millions of pores; calling to mind the temperature it had inhabited previously to its birth.

Further, as regards the use of the cold bath, in reference to infantile life, we would here caution, for the following reason; it being stimulating or tonic is inapplicable generally; it resembling more the powers of electricity; it being a well-known axiom in medicine, that the means of stimulating and corroborating the system should be in proportion to the degree of vital power of the individual; that a faint spark may be extinguished rather than kindled by too violent concussion; and that a degree of stimulus and invigoration which agrees with a firm and robust body, may prove destructive to one that is weakly and delicate. It may, therefore, a priori be deemed extremely hazardous, as it really is, to employ remedies or a remedy, as cold bathing, to the delicate, unfinished frame of the infant, which, even in the case of adults, should be resorted to or adopted not without the greatest precaution. In fact, we do not hesitate to say that the general or indiscriminate use of ſ

the cold bath, as far as relates to the infantile life, as regards its management, is both cruel and very dangerous; inasmuch as the principal mode of action of the application of cold, in the form of a cold bath, as before noticed, being the contraction as it were of the whole system or body, influencing or causing the general repulsion from the exterior of the entire fluids towards the internal parts—the most vital! Hence, in a young, delicate, progressive body, as the infant possessing very little internal power or re-action, the obvious consequences of cold bathing will be the spoiling or upsetting of all equilibrium, to the unequal distribution of the fluids, inducing a partial, local congestion or stagnation of them, especially accumulation in such vital parts as the Head and Liver; whilst, on the other hand, the lukewarm bathing induces salutary and necessary equilibrium, acting purely Hygienically, or as a Prophylactic agent—certain purification of all the fluids, by its enabling the skin to evolve the impurities of the body or system, for which nature has so eminently contrived our covering or skin as a safety-valve or outlet, being thereby operated.

We are aware that it is a common observation, that children who are brought up hardily, as it is termed, that is, who are daily soused in cold water, clad thinly, and exposed to all the vicissitudes of the weather, have frequently had good constitutions, and very often turned out to be strong men: yet such tem-

porising with the infantile constitution, is not only contrary to nature and common sense, as also adverse to all physiological principles, but it is wherewithal ridiculous and false; and such sousing in cold water is, as described by Galen, who flourished in the second century, a practice fit only for young Lions and Bears. Possibly, from their constitutional peculiarity, with many children who are thus exposed, such treatment has sometimes succeeded: but it is from their very constitutional peculiarity, they are enabled to bear up against such unnatural and so uncertain a procedure, or rather experiment. However, this much with confidence, from our own experience, we can assert that not one in ten children, if they survive such irrational and unphysiological management, are in after-life free from disease of some kind or other; for, under such irrationality in endeavouring to make! children what is called hardy, more are sacrificed, or become subjected to disorders which in all probability they might never have been affected with; such as glandular swellings, commonly called kernels in the neck, arousing a scrofulous diathesis or tendency: also causing Coryza or Snuffles, termed a cold, the principal feature or symptom of which being a nasal. discharge, with irritation of the mucous passages; very often coughs ending in an affection of the lungs, and terminating in what is called consumption: whilst those treated more in accordance with nature's laws and common sense, by being kept properly warm and guarded from sudden atmospheric vicissitude, and receiving those attentions which nature so unequivocally demands, and a proper appreciation by study of the human economy dictates, grow up generally healthy: in short, there is this difference between warm and cold bathing, whilst the former is congenial to nature, and promotes the various functions of the body, and assists the great work of circulation, digestion, and perspiration; the latter, cold bathing, being a repellant, is wholly adverse to that gentleness and uniformity of action, so evident or visible in every part or portion of the animal economy, the more especially in that of the infant. In fact, to be more plain, instead of our presuming to dictate to nature, in the care and management of the infantile constitution; rather than leave her (nature) to urge her own means, as though we could make a weakly constitutioned child by any such unnatural means a strong one! Our duty really is to adopt a management in accordance with all that of which we have spoken, as not only being grounded on physiological experience, but a natural mode of procedure; for, surely, to aggravate the impressions of cold, by needless exposure, at a period of life—the unfinished infantile-when the demand for increased heat or temperature be imperatively called for in the tender susceptible economy of the child, in fact, is the greatest, cannot be viewed otherwise than as the very height of folly—an absurdity scarcely to be thought of, much less to be practised.

In conclusion of these our remarks, as to the conservative potency of cleanliness by means of *entire* and frequent ablutions, as also in confirmation of our own views made manifest by our own experience as to the use of the *tepid bath*, previously to our observing on the vivifying properties of our second Hygienic abjuvant, viz.:—air—

"Leaves, Lungs, and gills, the vital ether breathing On the earth's green surface, or the waves beneath."

We, as regards our subject, the management or physical education of infancy or childhood, are tempted to quote, verbatim et literatim, the words of an eminent member of the "Healing Art."

Professor Huffeland of Jena, a Physician of Germany, who, when speaking of the signal efficacy of bathing, gives the following most rational and succinct account thereof; wherein he with truthfulness says, that a child whose physical education or management is properly attended:—

Firstly.—It becomes hardy, and less affected by the vicissitude of climate and weather.

Secondly.—Its body is straight and robust; its limbs are uniformly muscular and well proportioned.

Thirdly.—The stages of evolution, in its different organs, takes place in regular succession; no power, no capacity outstrips another; its teeth do not

appear too soon, nor at irregular periods; the child does not begin to walk too early nor too late; and the same order is observable with regard to its speaking. Even the mental faculties expand themselves more regularly, that is, not too rapidly, but after the most important bodily changes have been effected. Every period of its progress to maturity comes on in a natural and gradual manner, so that the child, in a physical sense, longer remains a child: he does not mature into manhood before he has completed the proper term of youth; and thus every stage, as well as the whole career of his existence is considerably prolonged.

Fourthly.—By this treatment, the circulation of the fluids, and all internal movements, particularly of the lungs and intestines, together with the usual evacuations, are beneficially promoted. Of no less advantage is the bath to those children who are subjected to habitual costiveness; a distemper which cannot be too much guarded against, not only during the age of childhood, but also throughout life:—while infants accustomed to the bath and fresh air, are scarcely ever known to suffer from the complaint.

Fifthly.—The texture of their muscular fiesh becomes solid, the colour blooming, and the body neither appears turmid and spongy, nor parched and meagre. The complexion is lively and fresh; the head and lower belly are in just proportions to

the rest of the body, and the disposition to rickets, so common in children, is in them imperceptible.

Sixthly.—Neither are such children as enjoy the benefit of the bath, affected by that sensibility and diseased irritation of the nervous system, which in so many instances degenerates into spasms, fits, and convulsions. These irregularities, in early life are chiefly instrumental in bringing on that pitiable state in which some unhappy persons, through the whole of their lives are little better than locomotive nervous machines, or passive beings, that exist apparently for the sake of feeling only, not for acting.

Seventhly.—Diseases of the skin, eruptions, catarrhs, coughs, obstructions of the first passages, &c., &c. seldom attack a child when properly treated; and if they do, their duration will be short, and the crisis easy and natural.

Eighthly.—Those diseases in children, which are commonly called dangerous, as the small pox, measles, scarlet fever, &c., &c. and which ultimately frequently become or degenerate into diseases of the skin, are greatly alleviated in their symptoms and more easily overcome when the skin is in full health and vigour: but as the usual management of children deprives the skin of those properties, we need not be at all surprised at the danger and subsequent mortality of children in the above-mentioned maladies.

Ninthly.—He says that the early practice of

washing and bathing may be also recommended, as tending to strengthen that habit of cleanliness which is so praiseworthy and useful in itself: but which is not sufficiently cultivated in most places: to which he might justly have added, "usus est altera natura," which I have somewhere seen remarked.

So much for the opinion of the celebrated Huffeland as regards the utility of personal cleanliness, we now come to our other grand adjuvant, in the conservation of a healthy existence, or rather, we should say, "essential" for the purposes of animal life, viz:—AIR: which is an element of the living process, be it understood, equally essential as food, not only as to its importance, but as to the extent of its appreciation.

"And all proclaim Omnipotence Divine

We view his kind, his life-preserving care, In all the wondrous properties of AIR."

Indeed living beings can bear the deprivation of every other external agent for a much longer period than that of air; whenever they are shut out from air even in the most incomplete manner (as the most perfect air pump cannot be made totally to abstract air from its receiver, but only to rarify it indefinitely) they suffer greatly and cease in a very brief space of time to live: in fact we might almost say that it, air:—

"In the blood is life, which vitality depends on air,"

is the more necessary than food inasmuch as a human being cannot survive—cannot live one minute without air—whilst many have lived hours, nay days without food.

Again there is no region of the kingdom of animated nature (there being in nature no such thing as a vacuum) independent of this necessary ingredient or supporter of life: not only fishes living in water exist by the action of air on their bodies, but the infusory animalcules, which are formed in all infusions of vegetable and animal matter or substances, and the existence of which is only revealed to us by the most powerful microscopes; and even the whole legions of both animal and vegetable life that have been made known to us by these instruments are unceasingly pensioners on this universally vivifying fluid:—

"Whence in bright floods the vital air expands,
And with concentric spheres involves the land;
Pervades the swarming seas and teeming earths,
Where teeming nature broods her myriad births;
Fill the fine lungs of all that breathe or bud,
Warms the new heart, and dyes the gushing blood;
With life's first spark inspires the organic frame,
And as it wastes, renews the subtle flame."

Strange to say, however—as regards the absolute—the paramount necessity of air to animal being, it is of a truth but very imperfectly appreciated, although the larger majority of persons, no doubt, are aware that they cannot live without breathing;

but still the *prime importance* of this function is so imperfectly conceived, that numbers of lives are continually being sacrificed to this ignorance alone. The truth is, as concerns air in its relation to animal bodies, there is no branch of our subject (Prophylaxis) especially that gives a more vivid conception of the value of Hygienic knowledge, and none that is more egregiously overlooked.

As regards air, the very "pabulum vitæ" in reference to infantile Being especially, it has been remarked that the human offspring, launched as it is into the world, wholly unprovided by nature against the many physical ills that surround it, seemingly, as has been observed of old, "plus quam noversâ quam matre nata," is made sensible of change in its existence by a feeling of distress, which is convertible into a voluntary instinctive effort to breathe. It struggles itself, as it were, into life. This primary effort, by which organs hitherto passive are called upon and required to play an active part, and one, as being most essential to its future existence or welfare, is allowed by physiologists to be the exercise of the voluntary muscles; and as the will is conveyed to these through the agency of the nerves, it is apparent that the power of the nerves is the principal instrument in the orchestra of the drama of life. The blood which nourished the infant in its dependent (on the mother) state is no longer meet for the same purpose when the offspring assumes at birth a substantive existence, although being still in a progressive condition, parasitic-dependent on the mother through her bosom instead of through the womb. The blood. we repeat, becomes no longer sufficient, but rather prejudicial to the infant, and were it not changed in its chemical character and properties by exposure to the vivifying qualities of the air in passing through the lungs in the process of breathing, and which is effected by the very first inspiration, the very struggle it makes to breathe would render it at once a caput mortuum; hence the primary utility of air, inclusive by it of the generation of animal heat. Pure air, we have shown, is essential to the health, the very existence of every living creature, as regards its well-being especially; in childhood's progressive state, from its yet unfinished condition to that of matureness, or completedness; it is peculiarly requisite to brace and invigorate the tender frame of the child, while bad or corrupted air induces relaxation, sickness, and debility. It is, therefore, of the utmost importance that the stream of life should not only be pure, but supplied in that unrestricted abundance which nature everywhere There is nothing, as has been contemplated. proven, so injurious to children as crowded or illventilated apartments. Inhaling such noxious and mephitic air is more fatal to children than to adult life, inasmuch as the infantile lungs are of a more

delicate texture; the inspirations more frequent; the animal economy of the progressive infant requiring a larger supply, whilst it is also more liable to derangement. Ventilation, therefore, should be a primary object in preserving the health of children. Breathing the air already saturated with noxious matters emitted from the lungs of others, is often the cause of convulsions, and lavs the foundation of many serious complaints. In fine, of all the injurious influences by which childhood is surrounded, few indeed operate more certainly, more extensively, and more destructively, than the constant breathing of a corrupt or vitiated air. is more fatal to infantile life, especially during the period from birth till the completion of dentition, than it is at a more advanced life, as in boyhood and manhood; whilst on the other hand, few things have such an immediate effect in renovating the health of a feeble child, as change from a vitiated air to a purer atmosphere.

Vitiated air, want of light, and bad food, may be said to be the three grand sources of that hydraheaded scourge of infancy and youth in this country, namely, *Scrofula*.

The following statement, taken from the History of the Dublin Lying-in Hospital, which cannot be too often referred to, as remarkably lucidating the point, shews in an extraordinary degree the advantages resulting from free ventilation:—

In this hospital, 2944 infants, out of 7650, died in the years 1782-3-4-5, within the first fortnight after their birth; that is to say, nearly one child out of every six died of convulsions, which were called nine days' convulsions by the nurses. These children foamed at the mouth, the jaws became locked, the face swelled, and looked blue, as though they were choking. This last circumstance led the Physician in attendance to attribute the disease and great mortality to the close and crowded state of the hospital, causing a deficiency of good air. Air pipes, with other openings, were contrived; the rooms were kept sweet and fresh by means of ventilation, and the consequences observed were that in the year

1786	out of	1372	children,	there died	51
1787	"	1375	**	"	59
1788	11	1496	"	"	55
		4243			165

So that since ventilation had been properly effected, out of 4243 children, there died 165; whereas the average number of deaths from the same numbers previously to ventilation was 1632!!

As an instance of the lethal effects of foul air on infantile life, we have very frequently, when abroad, witnessed as a common occurrence in India great mortality among the native population, from their habit of keeping a lying-in room suffocatingly

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hot, devoid of all ventilation, to prevent the infant from catching cold! as they fancied every breath would be injurious to the newly born babe. On the ninth day death was common among the infants from convulsions—"tristum infantium," in fact; arising altogether from the want of free ventilation; in short, from the want of the very "pabulum vitæ"—atmospheric air.

PART IV.

THERE are certain peculiarities in the Physique,—the bodily conformation of the infant in its naturally progressive state, especially in the more vital organs; which, coupled with not only defective alimentation, but also with Charlatanical procedure on the part of those on whom the hapless infant is dependant from the moment of its birth, give rise to a disposition to disease, or partial derangement of the system, and of which we should not be ignorant; a correct knowledge of such peculiarities being absolutely necessary, imperatively demand our most serious and strict attention.

On mature deliberation we shall be at no loss to understand; neither will it on due reflection be difficult for one to conceive how such infantile physical peculiarities operate, or why detrimentally to the well-being of the infant; inasmuch as at birth entirely new spheres of existence are opened up:—first, that of atmospheric life, then that of the special senses, and finally that of the ingenite faculties, comprising, in conjunction with the senses, the intellectual phenomena, or what is termed mind.

Considering, as we have already had occasion to observe frequently in the course of these pages, that the essential character of the infantile period of life is, as it were, an unfinished state of existence, in short, a continuous development only of the yet incomplete economy; the first months after birth, the first year, and even the second year, being truly a continuation of generation, a portion of which only having taken place previously to birth within, the other portion being accomplished after birth without. The life of an infant, therefore, at birth cannot be viewed as a normal state, but rather an effort to become so, and should be considered and treated as such by those in the care of the undeveloped or unfinished being: in fact, many phenomena which, under other circumstances, might be viewed as disease, must be considered as being merely the effect, and symptomatic of the continuous, critical operations of nature towards the perfectitude of the infant, exemplified as we notice in the progression of those organs already formed or in existence, and the subsequent disappearance of others altogether.

Looking to the infantile Physique, we observe at the time of birth and during the progressive state of infancy, the heart and arteries to be larger in proportion to the body, and the circulation more copious and more vigorous; of a vivid red or arterial blood, which admirable provision by nature for the prodigious demands of the young and increasing animal machine advancing to maturity, is, however, productive, as can well be supposed, of effects, under accidental excitement and otherwise, which require a judicious and skilful regulation and direction,—sometimes restraint, and that in whichever direction, the strongest or more forcible action exists, or there be a predominance of blood, there will the principal mischief be the more readily effected.

Now, the encephalon or brain being, for obvious reasons, at this very period larger than most of the other organs, the mind is thus prepared at an early age for the generation of ideas; and the moral training or education of the young is far advanced at this time when, if the development of the brain was more gradual, it could hardly have commenced: and in conjunction with which we should be reminded there are other objects as regards the head to be promoted also; such as the ossification of the skull, which goes on rapidly from the time of birth, inclusive of the teeth; all requiring an abundant supply of "materiel." Again, within the abdomen or belly, we find the liver at birth of large size in proportion to its bulk at any subsequent period of life, except under the influence of disease, which has induced a hypertrophied Thus it may be said that there are condition. two organs, viz. the Encephalon or Brain and the Liver, that are from their advanced state towards perfectitude, or a normal condition, more liable to accumulations; and in most cases of irregularity or of disease, as small-pox, measles, scarlatina, irritation

from teething, or from worms, are exposed to over-excitation or inflammatory action, or rather, we would say *irritative*, in preference to inflammatory, inducing fever, which may, and often does, terminate in convulsions, Hydrocephalus (water in the brain), or general dropsy, and very frequently in Jaundice; hence we may comprehend how, or why infants are so greatly susceptible of, and suffer from, such disorders or ailments especially as Hydrocephalus, with fever, also Jaundice.

The celebrated Boerhave, looking to their great susceptibility, says that the diseases of children should be ranked for the most part in the class of convulsions, because their heads being proportionably larger, and the nervous system emanating from, or running thereinto, being more extended than in adults, their nerves are more susceptible of irritation or excitation.

To be "forewarned," we are told, is to be "fore-armed," which observation is rather apropos of our strictures as regards "Infantile Hygiene."—Oh, would that we could be as certain of the observance of "all" that is recommended thereby or therein, as we are as to the happy results of their strict application; but alas! on the two "main points" which our strictures embrace, viz. "mismanaged alimentation" and "drugging," parents are too apt to be misled, partly from their misjudged feelings, and partly by their ignorance; for viewing, as they

too often, or rather mostly do, disease as an "entity" lodged in the system: the uninformed and anxious mother hastens, with the aid of her too frequently equally uninformed medical adviser, to expel it, as it were, and in such attempts often perils, if not destroys, the life of her child.

When the truth (the time for which, we opine, is fast approaching) comes to be known more generally, that disease is not an abstract entity, but only an aberration from the natural or normal state of an organ or organs, or what is more generally the case, a mere functional disturbance, proceeding from some cause, and is not removable till the withdrawal of such cause, when the diseased organ or abnormal function is again placed under the conditions essential to its normal or healthy exercise, at which time, or in consequence of such knowledge, more attention will be paid to the soliciting—the co-operation of nature in our curative endeavours or treatment, and much less mischief be done than by rash attempts to expel or get rid of the disease by force or violence. We should be reminded that when the Physician acts judiciously, that is, according to physiological principles, he may be considered as performing the duty or part of "interpreter and servant" of nature, and not her "ruler and opponent."

Hygiene being our forte—the main object of these pages, we shall have but little to say or offer under the head of Medication, or Therapeiæ; for, where little be required, there but little may be advanced, or be thought necessary, as we feel to be the case during the infantile period of which we write, and to which we in our preface have reference; remarking, and which remark we in this our final division or part of our subject, with a view of making a deeper or more lasting impression on the minds of our fair readers, may perhaps do well here to repeat, namely, " That recourse to drugs, as it is repugnant to the operations of nature, so will its influence be more destructive to the tender frame and constitution of the infant." And further. "Inasmuch as the great sources of disease in infancy are neglect and mismanagement, so may we be satisfied or assured that the wisdom of forethought is superior to skill, whereby prevention is better than cure."

Bearing in mind that the vital operations of infancy being more active than those of the adult, the circulation is necessarily more rapid; the intersticial exchange of "materiel" takes place quicker; as is also the appropriation or consumption thereof. The same may be said of restoration, which in like manner is greater: hence the rapidity with which disease becomes in the infant dangerous; as also with which its restoration or crisis and convalescence are attained.

It naturally follows from the foregoing, that sensitiveness and irritability would be greater or ex-

alted, as they are shewn to be, by a preponderance of sanguinous life and of productiveness: hence the susceptibility to nervous or spasmodic affections.

The unusual and disproportionate size and development, during the infantile period, of the organs or viscera requiring an over-quantity—an unequal, as it were, distribution of the very "pabulum vitæ," the blood and other fluids, especially to the brain, the liver, the stomach, and intestines, should teach us the importance of the periods at which the development of each of these organs takes place, and which gives the appearance (oftener than in reality) of influencing or creating disease, so that we may be enabled judiciously to direct our remedies, especially at the time of dentition, during which period of infantile life, from the numerous and extensive or widespreading nervous excitable symptoms, or rather sympathies, in which the brain, the liver, and the stomach, with the intestinal canal, are involved, as a matter of consequence: to the latter of which, the stomach and intestines alone, the existence of numerous disturbances or maladies, and even their fatal issue, are attributable.

In the treatment of infantile maladies, compared to those of adult, the difference does not, as is supposed by many, lie or consist in a diminution of the strength of the doses of drugs, but in the comprehension of a different semiology—a modified Pathology, requiring corresponding *Therapeiæ*. The

character between the adult and infantile ailments or disease being quite different, since every age or period of life may be said to have its peculiar character and maladies: as also the disposition to disease, and the mortality varies according to such periods of life.

Further, with reference to the management or medical treatment of infantile disease, the inability of the infant to describe its sensations, naturally makes the diagnosis difficult to those inexperienced, or who have not made their maladies their study. To be brief, (Hygiene, or prevention, being our object,) we give the following, which, however, may be taken as a guide,—as conveying a pretty general idea as to the principal diagnostic signs, so very important for the detection of infantile ailments or disturbance.

In the first place, the pulse should engage our attention, although it is not always to be relied on, even to those who possess the "tactus eruditus," as we term it, in consequence of a predominance of irritability. When it beats 90°, with heat of skin, we may infer febrile action; at least, some disturbance or irregularity going on in the system. The temperature shewing an increased warmth, especially of the head, with a dryness or parched condition of the lips and mouth, and an appetence for drink or fluids, are also indicative and confirmatory of a morbid excitation—a febrile action. Disinclination for food (as do the fore-mentioned

symptoms) point to the gastric passages, often supported or confirmed by the quantity and the quality of the excretions, in frequency or deficiency thereof. Eructation, or discharge of flatus or wind, vomiting, an offensive odour of the breath, a loaded condition of the tongue, which latter (the condition of the tongue), however, in many cases, like the pulse, is sometimes fallacious, and not always to be implicitly relied on; the quantity and quality (most important, be it recollected,) of the urine should all be noted, as being also indicative of gastro-enteritic disturbance. And finally, a harsh and dry skin, with or without eruptions, are all diagnostic of impaired health or of disease. We may further here observe that laborious or hurried respiration, with coughing, attended with a rattling as it were from the accumulation of mucous, in addition to a hot breath, indicate more or less of irritation—(irritation, be it understood, and not that bugbear inflammation. supposed to render the lethal proceeding of leeching necessary)—in the air passages.

Crying, which is the chief or principal mode of expression of suffering by the infant of which it is capable, is also greatly diagnostic of something abnormal, or contrary to nature and health, in the state or condition of the infant, which, with the addition of frequently drawing up its little legs, points to distress in the abdomen or belly; whilst crying and carrying the hands to the mouth, ac-

companied with an increased flow of saliva, called or styled *dribbling*, indicates suffering from *incipient* dentition: and lastly, hoarseness in crying, difficulty in swallowing, disturbed sleep, attended with convulsive startings, show that the nervous system is preternaturally exalted.

Strictly in accordance with truth, it has been propounded, "That all cures of disease are effected by nature," art being only nature's hand-maiden or assistant. Such being the case in the adult, "Natura sanat, medicus curat morbos," how imperative therefore is it to bear this truism in mind. Having regard to the unfinished state of the infant, to any but a Sumph, any injudicious dosing, or interference called or styled the "Healing Art," so far from aiding nature in her efforts, as regards the infant especially, can only, as it almost invariable does even in the adult, induce complication of disease, leading very often to a fatal termination.

As relates to complication and consequent mystification, the observation holds good in and is applicable to all diseases whether adult or otherwise; for, in cases of visible diseases which are known to be or are called surgical, nobody doubts such to be the case, inasmuch as the surgeon cannot be said to have cured a fracture, a wound, or an ulcer; it is by his judiciously aiding nature, that is, his fostering as it were the vital powers or efforts, which has been noticed or observed as existing

since the days of Hippocrates—a power, be it known, of correcting occasional derangements, a sort of modification of the conservative principle of life: the surgeon first removing everything inimical and avoiding that which is hurtful to nature, all which we say naturally tends to restore health when impaired by accident or otherwise, and to repair the continuity of the living solid when it has by violence, as in fracture, ulcer, &c., been injured—" vsowv φυσιεριητροί," naturæ morborum medicatrices says the father of rational medicine, to which our Sydenham, certainly the best practical physician of his day this country ever produced, adds the following succinct commentary, "non aliam arte demandat provinciam quam ut deficiente naturæ succurrat efficiam coercerat, et in ordinem redigat atque hæc omnia peragit natura paucissimis simplicissimisque adjuta remediorum formulis etiam prorsus nullis;" in which also the celebrated Herbeden coincides, as shewn by the following passage, "τὸ ενορμῶν ψυχή,—archaeus spiritus animales natura." But for the operation of some such energy, which is the province and duty of the medical practitioner to guide and aid by the powers of art, not thwart or prevent, when required, no wound would heal, or rarely so, and most diseases would be fatal. The study of such sanative efforts of nature constitutes the very basis of the "Healing Art" as a science, but not as a trade

or simple occupation, as is too often the case, and is principally due to Surgery, which, in spite of the unfounded and inordinate confidence in drugs, has done more for the science of medicine than all the hypothetical groping among drugs; the injurious consequences of which (drugs) received into the stomach not being so obvious or apparent as the mischiefs attendant on the improper or injudicious use of them as topical remedies.

In the catalogue of infantile ailments, we may enumerate convulsions as being frequent and most alarming, oftener proceeding from debilitating causes than any others, such as purgation, leeching, &c. &c. They obviously arise from the affection of the brain, rarely primarily, but is sympathetically excited. The phenomena indicate most truly, that the Encephalon or brain may be (however paradoxical it may appear to non-medical readers,) similarly affected or rather excited by opposite conditions or states of the general system, which was observed and noted long ago, so far back as in the time of Hippocrates, who aphoristically writes "Σπασμὸς γίνεται ή ύπὸ πληρώσιος # κενώσιος."* This observation or remark by the great parent of medicine may be said to be applicable to convulsions generally; not only to convulsive movements of the voluntary muscles, but to those also of the respiratory system, whereby an

^{*} Convulsion is caused either by repletion or evacuation.

affection simulating that distressing and serious malady the Croup is induced, and which is very apt to be taken for that disease.

As regards convulsions, to which children are extremely prone, as we have noticed, we can understand the application of the above aphorism of Hippocrates, since we observe that they proceed from various causes, giving rise to *irritation*; amongst which may be noted, unnatural or crude diet or alimentation, which may be said to operate two ways, viz. firstly, by causing irritation in the gastric passages, a kind of—a sort of—a stuffing, analagous to repletion; and also exhaustion, from its non-nutritive quality, subsequently aggravated or increased by stimulating and debilitating or ex hausting purgative drugging.

Among the many morbid affections incident to infancy, arising from irritation and exhaustion, we will now notice Hydrocephalus—water in the head.

We have already, more than once, said that infantile diseases principally arise from irritation in the first passages, viz., the stomach and bowels, from which hydrocephalus may ensue or be caused; as also from an opposite effect to that of irritation or excitation, viz., from exhaustion.

Before, however, proceeding with our subject, hydrocephalus, it may be as well that we premised by observing that the malady is divisible into two stages, viz., Irritability or Excitability, as also *Tor*-

pidity. In the former, we notice a feeble attempt at reaction, nature's effort to remedy, which is improperly censidered to be *Inflammation*; whilst in the latter (torpidity), the nervous power we notice to be prostrated, in short, almost nullified.

With reference to our own experience, we have commonly met with in our practice an amount of exhaustion, caused by what are called remedies. inducing severe purgation, termed hypercatharsis, giving rise to symptoms simulating, in fact precisely the same as attendant on incipient Hydrocephalus, noticed in the works of the late Drs. Abercrombie and Gooch: but which at the time we viewed or considered, as the sequelæ often proved to be, really and truly the incipient stage of that frightful or direful malady so lethal to children, and which has been so ably handled or noticed by Dr. Marshall Hell, who writes, referring to Exhaustion, "There is no source of disorder of infancy less frequent and of greater importance, yet far less understood by medical men, than Exhaustion, which, he says, has its origin chiefly in Diarrhea or catharsis; also from the loss of blood with or without the relaxed or evacuated condition of the bowels."

We scarcely need here observe, after all we have advanced on the subject, that the state of Diarrheea arises, firstly and chiefly, from improper alimentation previously to and subsequent to the process of weaning, which, we fear, is too frequently aggravated by aperient medicine so commonly resorted to as being curative; and that at such a moment of time, of disorder, or derangement of the stomach and bowels, caused by improper food probably, by such inopportune medication or treatment with drugs, such diarrhæa or looseness of the bowels is made to run into excess. Exhaustion is very often further increased by the inappropriate, the undue, we had nearly said murderous application of leeches, to relieve the head symptoms; or the still more monstrous use of the lancet, under the erroneous notion of that bugbear inflammation, or that which is equally deceptive, under the idea of a primary cerebral affection; all of which further plunges the little sufferer into irretrievable danger.

It cannot be too strongly impressed on the minds of mothers and nurses, as also (which we grieve to say,) on the minds of too many Practitioners, whose ardour seems to consist of bleeding, purging, and giving calomel, that exhaustion is very apt to be induced in infancy, and that the reaction being feeble in the partially developed infant, the consequence is that any heroic drugging will soon bring on or induce a dangerous, if not fatal condition of exhaustion, which, lamentable to say, is so very common.

Whilst on this subject, a remarkable instance of such affliction—Hydrocephalus, at this moment occurs to us, in which we some years ago happened 1

to be consulted, and which we here give in further exposition of our subject, as also of our views as regards the malady.

The deaths of four children had already occurred in one family, who were (it may be as well to mention) of a lymphatic temperament, as it is called. They had all been treated actively by means of leeches and purgatives, for what had been considered to be *inflammation* of the brain, and they all died with convulsions and water in the head.

The family, for change of air, or rather climate, had been removed for a short time, a year or so, to America. On their return home, on a fifth child, during the process of teething, sickening and exhibiting similar symptoms which the others had presented, (we must not omit here, that it had been mercilessly purged by the mother, as had also the previous four fatal cases, for, by the way, the mother was a great hand at drugging, and may be said literally to have kept a physic or drug shop in The family Physician, of no mean her house.) repute, who had prescribed for, in fact, who had attended the other four children, on being sent for, felt disinclined and disheartened (as well he might have been, after having consecutively lost four of one family of a similar ailing) to prescribe alone, hence my having been called in to co-operate. During consultation, having been made acquainted with the history of the previous cases, we took

occasion to draw the family Physician's attention to (which, by the bye, he had not seen) Dr. Marshall Hall's invaluable work on Blood-letting, &c. &c. at which time we suggested that very probably his previous failure had been owing to the usually prescribed exhausting remedies, which had been had recourse to on such former occasions, when we recommended at once the stoppage of all purgation (the mother having already dosed the child) and the adoption of a tonic plan, such as a little fine French brandy with iced arrowroot, which seemed to be the only sustenance that the child had taken for eight and forty hours; in fact, the only thing which had been given it save the physic, which had destroyed all appetency for aliment, for everything in fact but cold water, which was refused by the mother. Subsequently, principally however to satisfy or appease the mother's silly faith in drugs as stimulating or tonic, she saying that brandy was not physic, a little ammonia with mucilage of refined or pure gum arabic was added. The child, after a week, perfectly recovered under such tonic or nourishing treatment, and is, as we understand, a healthy mother with a numerous family, at this moment living abroad.

Such cases as the foregoing, we can assure our readers, during many years of our professional career, we have more than once met with, which makes us the more anxious to call attention to such

disorder of children, which very generally is attributed to, and treated as, inflammation of the brain, but which we, from our experience, are convinced very often depends on, or is connected with, an opposite state of the circulation, and that by avoiding all debilitating means, called remedies, such as leeches, purgation with calomel, &c. &c. prescribed evidently for the purpose of subduing a supposed state of inflammation of the head or brain, and adopting a tonic—nourishing mode of management or treatment, many thousands of children may be rescued from the jaws of impending death!

Lest we be charged with exaggeration as regards our strictures or animadversions on the merciless drugging of infants, by way of illustration of our subject, we append a case taken at random from many, as given by a celebrated authority on Infantile disease, well known in the profession, a Dr. Underwood, who tells us that the child was born of healthy parents, after the mother's rapid and comparatively easy labour, and the child itself had every appearance of health. As is usual or common, the child was given immediately after its birth an aperient, viz. a little rhubarb! To use the Doctor's own words, "an hour or two after it was born it took a little rhubarb; but having no stool when I saw it the next day, I ordered a glyster. In the evening the child became drowsy and insensible to all appearance; and when roused, could only moan, seeming unable to cry. To avoid prolixity, the child became convulsed; but had no stool except a few spots on the cloths about the size of a shilling, until the next day, when they were still very scant or small, hard and lumpy. The child had nothing like a natural stool until the eighth day, although the Doctor tells us that in the course of six-andthirty hours he prescribed two ounces of the common infusion of sennæ, two drachms of rochelle salts, four grains of jalap, and a grain of calomel, besides purging glysters, and the use of the warm bath. Of such dosing of an infant just born we will leave our readers to judge: resting satisfied ourselves with the observation, that such drugging was most inconsistent and outrageous of all humanity, contrary to common sense even, for if we view the quantity only in so short a time put into an infant's stomach that has just come into the world, where nothing but the mother's milk should have been allowed, the proceeding will appear sufficiently monstrous; but how much more so, when we take into consideration the quality of such quantity, namely, that such quantity was composed of drugs; crude food would have been sufficiently hazardous or lethal without actual poison, which such drugs literally acted as when given to such an infant, and at such a time too. The day following the child was given by his, the Doctor's, directions, 4 grains of ipecacuanha at two doses, also 40 drops of wine of antimony at four times, in the course of an hour, without any effect; (by effect, we presume, it is meant that there was no purging; but we are not told how deadly sick and distressed the poor infant was, but which, if observed, most probably would have been put down to the account of disease, and not the drugging.) At other subsequent visits six drachms of castor oil, besides several doses of manna were given. The infant ultimately suffered from thrush! No wonder, will my readers say: thrush being nothing more nor less than ulceration of the mucous membrane or lining of the stomach and bowels, extending even to the very linings or covering of the mouth, inclusive of the tongue, caused indubitably by the irritation of the excessive drugging, for common sense will point to the "little rhubarb" put down the infant's throat soon after its birth as being the commencement of all the In spite of all the purgative drugging mischief. the bowels, we are told, did not act satisfactorily! at which we are not at all surprised, for there is no Pathological fact better ascertained, and which should be more generally known—that over-excitation or stimulation (the action of the little rhubarb, &c.) destroys all secretion, necessary for the purpose of stools, inducing the very reverse of that which was required, and which the mother's milk, as in the course of nature, would have procured. The child ultimately died. So much for one authority, Underwood, who was for years the fashionable and leading guide. We will give one other, of a more recent time, previously to taking leave of our subject,—a subject, however, very interesting, although fraught with much melancholy reflection.

The writer, one too of no mean status, speaking of Hydrocephalus, accompanied with convulsions, says—In the first stage of the complaint, the temples should be covered with leeches* to be repeated daily! as long as any symptoms of inflammation† appear. The head should be shaved and sponged with cold water, while the body is kept in warm water and the bowels freely emptied! by the most active purgation. To a child of two or three years of age may be given the following purging powders, viz.:—of powdered scammony,‡ powdered Jalap, and of Calomel,§ take of each twenty grains; of gamboge|| ten grains; mix, and divide into six

- * Butchery.
- † Inflammation,—a professional "bugbear,"—should be "irritation:" inflammation only occuring in a developed being.
- ‡ A most drastic—a most irritating purgative, which, with Jalap, is fit for a horse only, and not a tender human infant.
- § Calomel: of the effects of this mineral drug on a delicate infant most persons can judge, its powerful property being generally known: and not to be used for every simple purpose.
- || Gamboge, still more powerful and drastic than either Jalap or Scammony, it acting irritatingly not only on the mucous linings, but also on the outer or muscular tunic of the intestines.

equal parts; one to be given every second or third hour till they act copiously! (The language here used, empty freely and copiously, with such powerful, drastic doses, will speak for itself, and will at once convey an idea with what little consideration the tender and delicate digestive organs of an undeveloped child is recommended to be treated, under the guise too of the "Healing Art.")

In conclusion of these our strictures or animadversions on the lamentable caducity of our Infantile population, it occurs to us, that if trouble be taken to look into or examine the elaborate bills of mortality furnished to us by our most efficient Registrar-General, proof as to the correctness of all that which we have advanced will be found, as also will information as to at what ages the greatest number of the human race die will be obtained; further, as being more pertinent to our principal subject-matter, namely, "Infantile life," we will find, as has been asserted by us, that more than half of our young go off during the Infantile period, at all events, under the age of five years. then, may it be asked, is such extraordinary lethality to be attributed? Are we to assume or conclude that nature is so defective in her operations that a large portion of mankind are doomed,-nay, born in so imperfect a state as to die at so early a period? in fact, that the human infant is formed of materials so fragile or bad that the operations necessary

for existence, however short that which has been allotted to man, cannot be sustained or carried on even for such brief allotted period? Or are we to conclude that, in their brief career, they are prone to, or are subjected to, at such early period, more fatal maladies or casualties, and are cut off as a natural consequence, victims of disease, in greater proportions than at any other period of time? Again, on contemplating a church-yard or cemetery wherein the earth is strewed with, or is occupied principally by, the bodies of infants, are we to infer, or is it either natural or rational for us to fancy or suppose that infants were born for no other purpose than to die prematurely, as it were, or that it was ever designed by nature that the pangs of production on the part of the mother should so soon or so immediately be succeeded by dissolution or the death-struggle of their offspring? Such supposition surely can never obtain or be entertained on any reasonable or rational grounds by any sound reasoner as existing in the providence of an all-wise and merciful Creator, but can only attach to the indiscretion—the improvidence of self-sufficient lordly man!

Finally, it has been somewhere appositely remarked, that more numerous and more fatal consequences have their origin in ignorance than in inclination for wilful crime, and Infanticide has been instanced, which, when at the instigation or in

consequence of maternal desperation it has been perpetrated, making allowance for the weakness of human nature, influenced by the agony of anticipated disgrace, we view it with horror; but when a hapless infant be victimized—be drugged to death, as we know to be the case daily, nay hourly, we merely lament such as a common occurrence, without any reference, however, to the irrational means which led to or caused such fatal occurrence. The one—the former, we view as having been unauthorized, in common parlance, murder; whilst the other, the latter, being legalized, as it were, is only considered to be a distressing catastrophe!

It is indeed painful to us to indite such strictures on the very reprehensible (to use the mildest phraseology) practices of the present day; yet the evil must be allowed by every dispassionate thinker or reviewer to be of such magnitude and damning consequence or result, as to be so truly harrowing to the mind as not to be contemplated nor recurred unattended with a burst of indignation,—a state of things calling loudly for searching reform—a reform tantamount to the prevention, or rather the extinction of so cruel, in short, so murderous a course of procedure as is, we are grieved to say, our present management of "Infantile Life."

J. BAYNE, BRIDGE STREET ROW, CHESTER.

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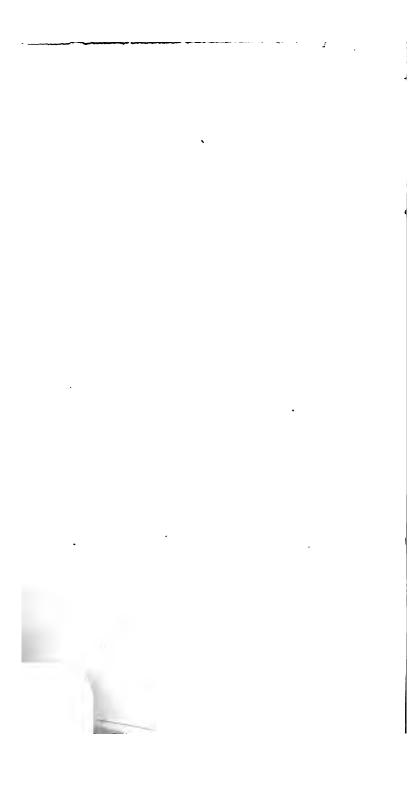
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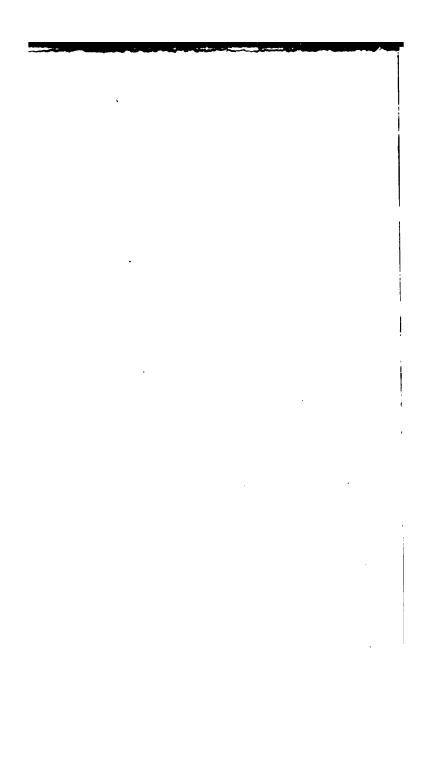
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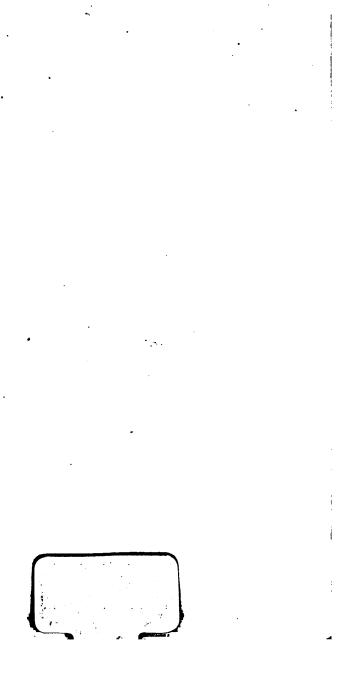
PHILOSOPHICALLY AND PATHOLOGICALLY CONSIDERED IN CONJUNCTION WITH THE HEALING ART.





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